

# TAKE the CHALLENGE

## Week One: Offer Emotional Support

<input type="checkbox"/>	Listen to their reasons for quitting.	<input type="checkbox"/>	Help remove smoking/vaping triggers from their environment.	<input type="checkbox"/>	Set achievable goals together. <i>(Taking Action)</i>	<input type="checkbox"/>	Celebrate their quit day.	<input type="checkbox"/>	Check in to see how they're feeling.	<input type="checkbox"/>	Suggest fun distractions or activities.	<input type="checkbox"/>	Reflect on the week's challenges and successes.
	1		2		3		4		5		6		7

## Week Two: Encourage and Motivate Them

<input type="checkbox"/>	Develop a support plan for cravings.	<input type="checkbox"/>	Practice deep breathing exercises together.	<input type="checkbox"/>	Share helpful resources about quitting. <i>(Quitting)</i>	<input type="checkbox"/>	Explore new activities together.	<input type="checkbox"/>	Encourage staying hydrated.	<input type="checkbox"/>	Send motivational notes or texts.	<input type="checkbox"/>	Celebrate their two-week milestone.
	8		9		10		11		12		13		14

## Week Three: Continue Showing Your Support

<input type="checkbox"/>	Discuss triggers and coping strategies.	<input type="checkbox"/>	Introduce mindfulness practices.	<input type="checkbox"/>	Suggest joining a support group.	<input type="checkbox"/>	Prepare a healthy snack kit.	<input type="checkbox"/>	Share your own relevant experience.	<input type="checkbox"/>	Discuss financial savings from quitting. <i>(Cost of Smoking)</i>	<input type="checkbox"/>	Highlight all their progress.
	15		16		17		18		19		20		21

## Week Four: Help Them Maintain a Smoke/Vape Free Life

<input type="checkbox"/>	Talk about long-term goals.	<input type="checkbox"/>	Explore stress management techniques. <i>(Stress Management)</i>	<input type="checkbox"/>	Offer practical help as needed.	<input type="checkbox"/>	Help establish new routines.	<input type="checkbox"/>	Acknowledge challenges they face.	<input type="checkbox"/>	Discuss how to handle potential relapses.	<input type="checkbox"/>	Plan a celebration for completing 30 days.
	22		23		24		25		26		27		28

<input type="checkbox"/>	Reflect on the entire journey together.	<input type="checkbox"/>	Celebrate their achievement!
	29		30

Day 3  
*Taking Action*



Day 10  
*Quitting*



Day 20  
*Cost of Smoking*



Day 23  
*Stress Management*



Your support can make a meaningful difference in someone's quit journey!

### 30-Day Challenge to Help Others Breathe Easy!

Know someone who wants to quit smoking or vaping? Take the challenge to provide motivation, encouragement, and accountability during their quit journey.

### Ideas for completing this challenge:

- Text daily encouragement to someone who wants to quit
- Post the prompts on social media using these hashtags: [#BreatheChallenge](#) [#BreakTheHabit](#) [#QuitWithSupport](#) [#QuitTogether](#) [#QuitNicotine](#) [#QuittingJourney](#)
- Share the challenge in your organization's newsletter or post it on a bulletin board

### Additional Tips:

- You can't make someone quit tobacco, but you can help support somebody who is ready to quit.
- Be patient and understanding; quitting is difficult and relapses are common.
- Educate yourself about smoking/vaping cessation to be more effective in your support.

**Breathe**  
Healthy Steps to  
Living Tobacco Free

