



# Kicking the Habit Together

**Focus Area:** Well-being

**Objective:** This challenge is for anyone! It's about increasing knowledge on the importance of staying or becoming tobacco-free.

**Length of Challenge:** Two weeks (can be shortened or lengthened)

## Materials Needed:

- [Kicking the Habit Together Tracking Sheet](#)
- [Kicking the Habit Together Submission Form](#)
  - Please let a Working for a Healthier Tennessee team member know you're completing this activity to check participation. Email us at [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).
- Prizes (optional)

## Directions:

- Participants will try to complete at least five out of the eight activities.
- Place a checkmark by completed activities on the tracker.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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## Getting Started:

1. Decide what dates the Kicking the Habit Together challenge will run.
2. **[Optional]** Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will submit their Tracking Sheets and how winners will be rewarded.  
Remember: Challenge rewards do not have to be tangible. Announcing the challenge winner(s) in an email, newsletter and/or flyer are all great ways to give recognition!
4. Announce the challenge to employees! (This can be done via email, newsletter, department intranet and/or flyers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates when the challenge will begin and end.
  - Instructions on how to participate in the Kicking the Habit Together challenge.
  - Details about how to submit Tracking Sheets and how winner(s) will be rewarded.NOTE: Don't forget to BCC participants if contacting them via email.
6. Print or attach via email the Kicking the Habit Together Information/Checklist. Distribute it to all participants.
7. As the challenge comes to an end, send a reminder to participants to submit their Kicking the Habit Together Checklist. Announce the winner(s)!



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