



**WORKING FOR A  
HEALTHIER TN**



# Tobacco Cessation Challenge

**Focus Area:** Tobacco Cessation

**Objective:** To help current tobacco users quit tobacco products

**Length of Challenge:** Four weeks

**Materials Needed:**

- [Challenge Tracking Sheet](#)
- Prizes (optional)

**Directions:** You will use the tracker to record how many cigarettes, cigars, pipes or smokeless tobacco products you've used each day. \*Record which tobacco product you used and how many. The goal is to have the fewest points at the end of the challenge. Encourage others to participate and set a quit date. Special recognition will be given to those who quit using tobacco completely!

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



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



[facebook.com/WFHTN](https://facebook.com/WFHTN)



[twitter.com/WFHTN](https://twitter.com/WFHTN)

## Getting Started:

1. Decide what dates your "Tobacco Cessation 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 "Tobacco Cessation Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*

4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
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 of when the challenge will begin and end.
  - Instructions on how to participate in the "Tobacco Cessation Challenge".
  - Details about how to submit their 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 "Tobacco Cessation Challenge Tracking Sheet". Distribute it to all participants.
7. As the four-week challenge comes to an end, send a reminder to participants to submit their "Tobacco Cessation Challenge Tracking Sheet". Announce the winner(s)!