

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE CREATING CHANGE: TABACCO

Start Date: _____ End Date: _____

Instructions: Complete the following questions related to tobacco usage. Track your progress in regards to your goal on the calendar at the bottom of the page for one month.

1. Pick a realistic goal related to your nicotine usage you would like to focus on. This should be something that you can accomplish within the next month.

My goal is _____

2. List at one or more reason(s) this goal is important to you

- _____
- _____
- _____

3. A great way to make sure you have created an effective goal is to use the acronym SMART—Specific, Measurable, Attainable, Realistic, and Time-bound. Using these guidelines, make sure your goal is a SMART goal. If needed, rewrite it.

4. List one person who can help you. _____

5. What could your first step toward accomplishing your goal be? _____

6. When you accomplish your goal, what will your reward be? _____

7. What are some barriers you can anticipate encountering and prepare for? _____

8. What and/or who will help you through these barriers? _____

Track your daily progress on the calendar below.

Su	M	Tu	W	Th	F	Sa

NICOTINE & TOBACCO INFORMATION

THE EFFECTS OF SMOKING

- Increased blood pressure and heart rate
- Decreased energy
- Increased risk of heart attack or stroke
- Increased risk of developing cancer of the lungs, mouth, bladder, and pancreas
- Increases various risks during pregnancy
- Increases chances of getting sick
- Shortens life span

THE EFFECTS OF SMOKELESS TOBACCO

- Increased risk of developing cancer of the mouth, esophagus, and pancreas.
- Associated with diseases of the mouth
- Increases risks for early delivery and stillbirth when used during pregnancy
- Can cause nicotine poisoning in children
- Increases risk of heart attack and stroke
- Can cause tooth decay

WHAT HAPPENS IF YOU QUIT

20 MINUTES after your last cigarette:	Blood pressure and heart rate begin to return to normal and circulation to hands and feet improves
8 HOURS after:	Oxygen level in the blood increase to normal
24 HOURS after:	Your risk of heart attack decreases
48 HOURS after:	Nerve endings begin to re-grow
2 WEEK – 2 MONTHS after:	Walking and breathing become easier
3 – 5 YEARS after:	Risk of dying from a heart attack decreases to that of a non-smoker
10 YEARS after:	Risk of dying from lung, mouth, bladder, kidney and pancreas decreases to that of a non-smoker
15 YEARS after:	Stroke risk decreases to that of a non-smoker

WANT MORE RESOURCES?

If you are looking for more information, check out a few of these trusted sources.

- American Legacy Foundation:
- Quit Net:
- Alere Wellbeing:
- University of Michigan:
- American Cancer Society:
- Centers for Disease Control:
- American Lung Association:
- Be Tobacco Free:

www.becomeanex.org

www.quitnet.com

www.alerewellbeing.com

www.mhealthy.umich.edu

www.cancer.org

www.smokefree.gov

www.lung.org/stop-smoking

betocaccofree.nhs.gov