








# WALK OR RUN TO QUIT

Checklist for the [Spring Walk or Run to Quit Session](#)

**Register before May 15<sup>th</sup>, 2018**

Here is your **WALK OR RUN TO QUIT CHECKLIST**. This checklist will help you make sure you are on the right track to quit smoking, run a 5 km event and to win some prizes! Print it off, put it on your fridge, your desk, your night table or somewhere you will look at it every day. Check off your progress as you go!  
If you ever have questions, please email [runtoquit@cancer.ca](mailto:runtoquit@cancer.ca).

CHECK WHEN DONE	Things you need to accomplish...	Resources to help you out...
	<b>Register for Walk or Run to Quit</b> at <a href="http://runtoquit.com">runtoquit.com</a> by May 15 <sup>th</sup> , 2018	<b>Need help registering?</b> Click the help button at the bottom right corner of <a href="http://runtoquit.com">runtoquit.com</a> or email <a href="mailto:runtoquit@cancer.ca">runtoquit@cancer.ca</a>
	<b>Quit smoking</b> by June 19 <sup>th</sup> , 2018 & stay smoke-free for 5 weeks!	Speak to an <b>expert Quit Coach</b> . Call 1-866-366-3667 Read our <b>One Step at a Time Guide</b> Check out other <b>participant resources</b> at <a href="http://runtoquit.com">runtoquit.com</a>
	<b>YOU ARE ENTETED TO WIN AN 10.5-in IPAD PRO!</b>	
	Stay <b>smoke-free</b>	<b>Still smoke-free?</b> Congratulations! <b>Did you have a slip?</b> That's okay, we understand. It's time to get back on track. Register for a <b>training program</b> for extra support, call the <b>National Quit Smoking Line 1-866-366-3667</b> and check out our participant resources at <a href="http://runtoquit.com">runtoquit.com</a>
	<b>Walk or run a 5 km event</b> by Spring 2018	Crossing the finish line smoke-free feels so good! You can do it! <b>Follow us on Facebook and Twitter</b> to share your successes & to celebrate the successes of other Run to Quit participants across Canada.

For extra [Quit Smoking Support](#), pick up the phone and call the [National Quit Smoking Line](#) at 1-866-366-3667