








RUN TO QUIT

Run to Quit Checklist for the Winter Run to Quit Session
Registered before January 31, 2018

Here is your **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.

CHECK WHEN DONE	Things you need to accomplish...	Resources to help you out...
	 Register for Run to Quit at runtoquit.com by January 31 st 2018	Need help registering? Click the help button at the bottom right corner of runtoquit.com or email runtoquit@cancer.ca
	 Quit smoking by March 14, 2018 & stay smoke-free for 5 weeks!	Speak to an expert Quit Coach . Call 1-866-366-3669 Read our One Step at a Time Guide Check out other participant resources at runtoquit.com
	 YOU ARE ENTETED TO WIN \$1000!	
	 Stay smoke-free	Still smoke-free? Congratulations! Did you have a slip? That's okay, we understand. It's time to get back on track. Register for a training program for extra support, call the National Quit Smoking Line 1-866-3669 and check out our participant resources at runtoquit.com
	 Walk or run a 5 km event by Spring 2018	Crossing the finish line smoke-free feels so good! You can do it! Follow us on Facebook and Twitter 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 1-866-366-3669