



Walk or Run to Quit

Walk or Run to Quit Checklist for the Fall 2018 Session

Registered before September 30, 2018

Here is your **Walk or Run to Quit CHECKLIST**. This checklist will make sure you are on the right track to quit smoking, walk or run a 5 km event and maybe 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 a coach-led or train on-your-own program at runtoquit.com before September 30, 2018	Need help registering? Click the help button at the bottom right corner of runtoquit.com or email runtoquit@cancer.ca
	Quit smoking by October 30, 2018 & stay smoke-free for 5 weeks!	Speak to an expert Quit Coach . Call 1-866-366-3667 Read our One Step at a Time Guide Check out other participant resources at runtoquit.com
	YOU ARE ENTETED TO WIN an iPad Pro!	
	Stay smoke-free	Smoke-free? Congratulations! Had a slip? That's okay, we understand. It's time to get back on track. Professional quit coaches at the National Quit Smoking Line can give you suggestions for another quit attempt or for staying smoke-free. Call 1-866-366-3667. It's free.
	Walk or run a 5-km event by November 30 th , 2018	Crossing the finish line smoke-free feels so good! If you quit by the target quit date and did a public 5 k walk or run event, you are eligible for to win one of 3 iPads . Follow us on Facebook and Twitter to share your successes & to celebrate the successes of other Walk or Run to Quit participants across Canada.

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