

# Healthier You Smoke Free Days

Quitting smoking can drastically improve your health and Healthier You would like to help you break the habit! Each day you stop tobacco use could bring you closer to winning our Smoke Free Prize!

**Please Note:**

Healthier You smoke free days *only* count towards the drawing for the Smoking Cessation Prize; they cannot be counted with activity, weight loss and educational points towards other Healthier You Prize Drawings. Both daily and occasional users of tobacco can accumulate Smoke Free days:

**For daily tobacco users** (those who smoke, or use tobacco products, every day) can log a Smoke Free day each day you go the full 24 hours without using tobacco products.

**For occasional tobacco users** (those who smoke or use tobacco products frequently, but not 7 days a week) can log a Smoke Free day each day (24 hours) that you reached for a tobacco product, but decided against using it.

For both daily and occasional tobacco users *Smoke Free Days earned should reflect regular tobacco usage*. All points are recorded on the honor system. Please do not abuse this opportunity, but instead use this contest as a way to improve your health.

Keep track of your Smoke Free days on the Weekly Log sheet you submit at your check in, and on your Personal Tracking Sheet.

At the Healthier You 2012 Finale, all those who earned at least one Smoke Free day will be entered into the Smoke Free Prize Raffle. Participants will receive an additional raffle ticket for earning each of the following quantities:

10 or more Smoke Free days

20 or more Smoke Free days

30 or more Smoke Free days

40 or more Smoke Free days

50 or more Smoke Free days

The more Smoke Free days you earn the more chances you have to win and the healthier you will be!

We also encourage all participants earning Smoke Free days to call the Alaska Tobacco Quitline at 1-800-QUIT-NOW for free information and materials and personalized tobacco cessation counseling.

For more information on Smoke Free days, see the Healthier You 2012 Official Rules.