



# Mocc Walk 2024

GET ACTIVE · GET FIT · HAVE FUN



Name: \_\_\_\_\_

**REMINDER:** Submit your entries by June 30, 2022 using the **Time Log** on: [www.onwa.ca/mocccwalk](http://www.onwa.ca/mocccwalk)

## SMOKING CESSATION JOURNAL CHALLENGE

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*Honour your body,*  
start your smoking reduction or  
cessation journey today.



Lined writing area for Week 1

WEEK 1: MAY 1 - 5

People who smoke have a  
30-40% chance of developing

*Type 2 Diabetes*



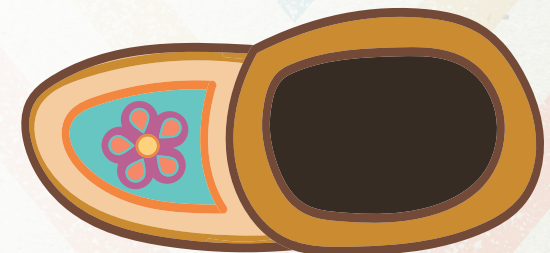
Source: [www.cdc.gov/diabetes/library/features/smoking-and-diabetes.html](http://www.cdc.gov/diabetes/library/features/smoking-and-diabetes.html)

Lined writing area for Week 2

WEEK 2: MAY 6 - 12

Lined writing area for Week 3

WEEK 3: MAY 13 - 19





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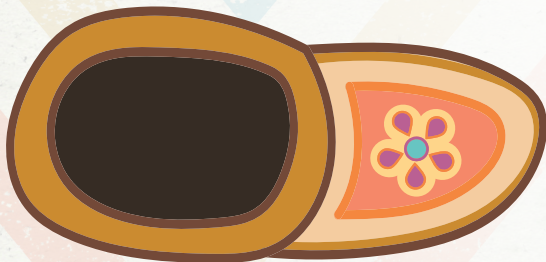
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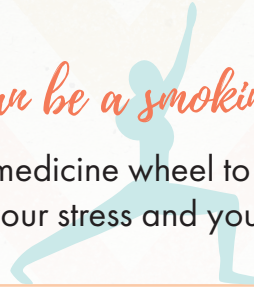
Lined writing area for Week 4.

WEEK 4: MAY 20 - 26



*Stress can be a smoking trigger.*

Follow the medicine wheel to find a way to reduce your stress and your smoking.



Lined writing area for Week 5.

WEEK 5: MAY 27 - JUNE 2



Lined writing area for Week 6.

WEEK 6: JUNE 4 - 10



*Tobacco is a sacred medicine.*

Keep Tobacco sacred.

Find a smoking reduction or cessation plan that works for you.



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Blank lined writing area for Week 7.

WEEK 7: JUNE 10 - 16



Smoking reduction or cessation will cause your body to

*start healing*  
almost right away.

Blank lined writing area for Week 8.

WEEK 8: JUNE 17 - 23



Blank lined writing area for Week 9.

WEEK 9: JUNE 25 - 30



*Secondhand smoke*

can be harmful to those around you.  
Protect the next 7 generations.

