



# Mocc Walk 2023

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 - 6



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)

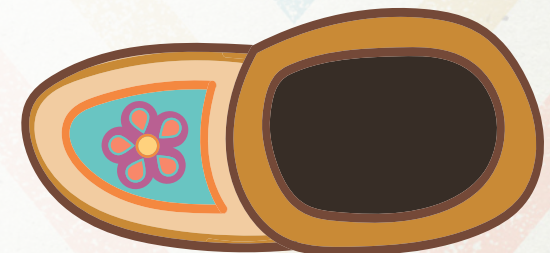
Lined writing area for Week 2.

WEEK 2: MAY 7 - 13



Lined writing area for Week 3.

WEEK 3: MAY 14 - 20





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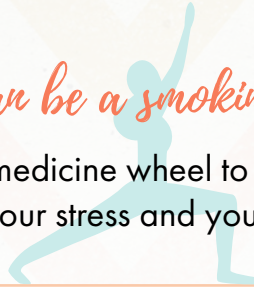
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## SMOKING CESSATION JOURNAL CHALLENGE

PAGE 2 OF 3

*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 4

WEEK 4: MAY 21 - 27



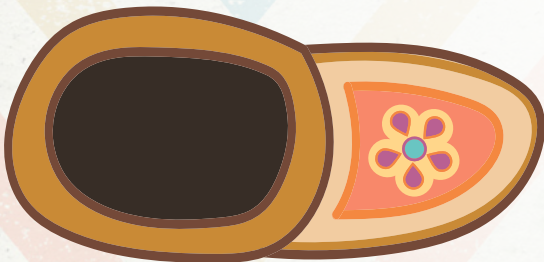
Lined writing area for Week 6

WEEK 6: JUNE 4 - 10



Lined writing area for Week 5

WEEK 5: MAY 28 - JUNE 3



*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 11 - 17



Smoking reduction or cessation will cause your body to *start healing* almost right away.

Blank lined writing area for Week 8.

WEEK 8: JUNE 18 - 24



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.

