



# CRAVING GAMES

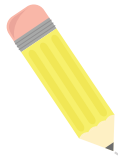
## CG PUZZLE #1: SUDOKU

To play Sudoku, enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square. Once you solve the puzzle, your craving to use tobacco will have subsided. Have fun!

9			6			8		
		6				9		
5					4			1
7	5				2		1	
3								5
	1		5				3	6
6			9					8
		2				3		
		5			7			2

## ANSWER

9	2	1	6	7	3	8	5	4
4	7	6	1	8	5	9	2	3
5	8	3	2	9	4	6	7	1
7	5	8	3	6	2	4	1	9
3	6	4	7	1	9	2	8	5
2	1	9	5	4	8	7	3	6
6	3	7	9	2	1	5	4	8
1	4	2	8	5	6	3	9	7
8	9	5	4	3	7	1	6	2



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1	4	7			8	9		
2			1		5			
	6		9				4	
	5			8	3	2	1	
		2				8		
	7	1	4	9			6	
	8				6		2	
			8		9			1
		3	2			7	8	9

## ANSWER

1	4	7	6	3	8	9	5	2
2	9	8	1	4	5	3	7	6
3	6	5	9	2	7	1	4	8
9	5	6	7	8	3	2	1	4
4	3	2	5	6	1	8	9	7
8	7	1	4	9	2	5	6	3
7	8	9	3	1	6	4	2	5
5	2	4	8	7	9	6	3	1
6	1	3	2	5	4	7	8	9



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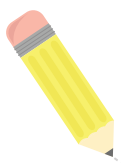
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4	3				7	1		
6		2	1		3			7
	1	7	8		5			
3		8				9		4
			3		4			
1		6				2		3
			2		6	3	1	
7			9		1	8		2
		1	4				7	5

## ANSWER

4	3	5	6	9	7	1	2	8
6	8	2	1	4	3	5	9	7
9	1	7	8	2	5	4	3	6
3	7	8	5	1	2	9	6	4
5	2	9	3	6	4	7	8	1
1	4	6	7	8	9	2	5	3
8	5	4	2	7	6	3	1	9
7	6	3	9	5	1	8	4	2
2	9	1	4	3	8	6	7	5



# CRAVING GAMES

## CG PUZZLE #2: Unlock The Quit Tip

Use the key at the bottom of the page to match the symbol with the corresponding letters in the puzzle. Once you "unlock" the letters, you will reveal the words to a helpful quit tip and your craving to use tobacco will have subsided. Have fun and check your answer at the bottom of the page when you are finished ... but no cheating!

## Keep Yourself Accountable



## KEY



A

B

C

D

E

F

G

H

I

J

K

L

M



N

O

P

Q

R

S

T

U

V

W

X

Y

Z

## ANSWER

Whenever you have an urge or a craving, write down the date, time and circumstances that made you want to smoke.



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## Reward Yourself

A grid of 24 groups of animal icons, each with a blank line underneath for a letter. The icons are:
 

- Group 1: bird, bird, bird
- Group 2: eagle, bird
- Group 3: bird, camel, deer, bird, bird, snake
- Group 4: swan, bird, bird
- Group 5: bird, bird, elephant
- Group 6: horse, bird, bird, bird
- Group 7: bird, bird
- Group 8: elephant, bird, bird, bird, snake
- Group 9: bird, bird, bird, bird
- Group 10: bird, bird, bird
- Group 11: bird, camel, deer, eagle, bird, bird
- Group 12: snake, deer, eagle
- Group 13: eagle, bird, bird, elephant
- Group 14: bird, deer
- Group 15: bird, bird, bird, bird, bird, bird, bird, bird
- Group 16: bird, deer, deer, bird
- Group 17: snake, deer, eagle, bird, bird
- Group 18: bird, deer, deer, bird
- Group 19: bird, bird, swan, bird
- Group 20: bird, bird, deer, eagle, deer, bird
- Group 21: bird, bird, swan, bird, elephant
- Group 22: bird, deer
- Group 23: bird, bird, bird, bird, bird
- Group 24: snake, deer, eagle, bird, bird, bird, horse

## KEY

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>

## ANSWER

Set up a money jar and fill it daily with the amount you used to spend on cigarettes. Soon you'll have enough reward for your hard work.



The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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**CG PUZZLE #2: Unlock The Quit Tip**

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## 5-Step Plan


## KEY

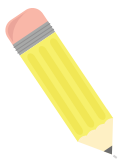
A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

## ANSWER

Need to keep your hands busy? Instead of using tobacco, fiddle with straws, knit, play cards or paint your nails.



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## Busy Hands

## KEY

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>

## ANSWER

Make a five-step plan that is made up of activities you pledge to do before you pick up a cigarette. Once you've completed the steps, your craving will subside.



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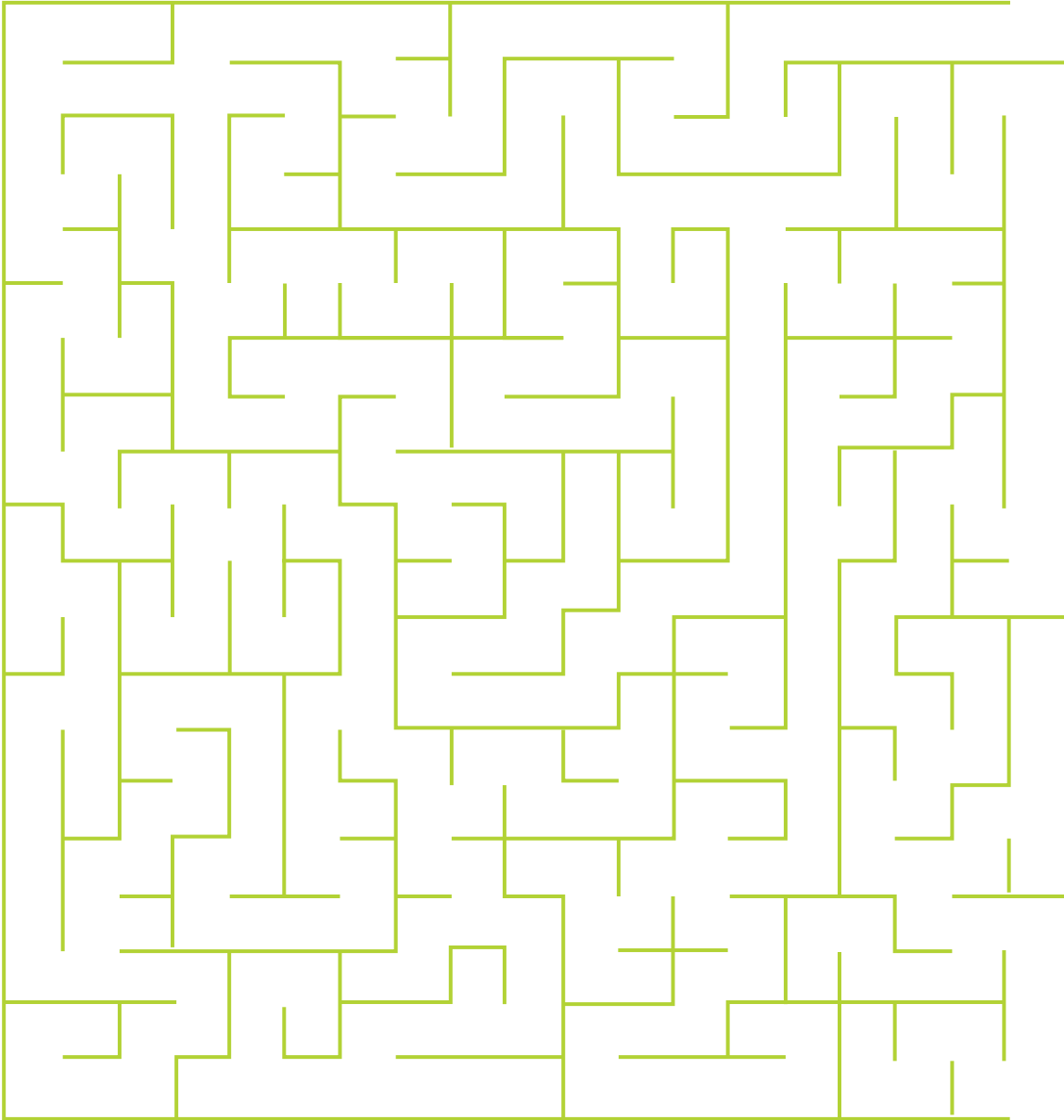


# CRAVING GAMES

## CG PUZZLE #3: MAZE

Next time you feel like smoking a cigarette or taking a dip first try completing this maze. Nicotine cravings don't last forever. Keep yourself busy and soon the craving will pass.

START



FINISH



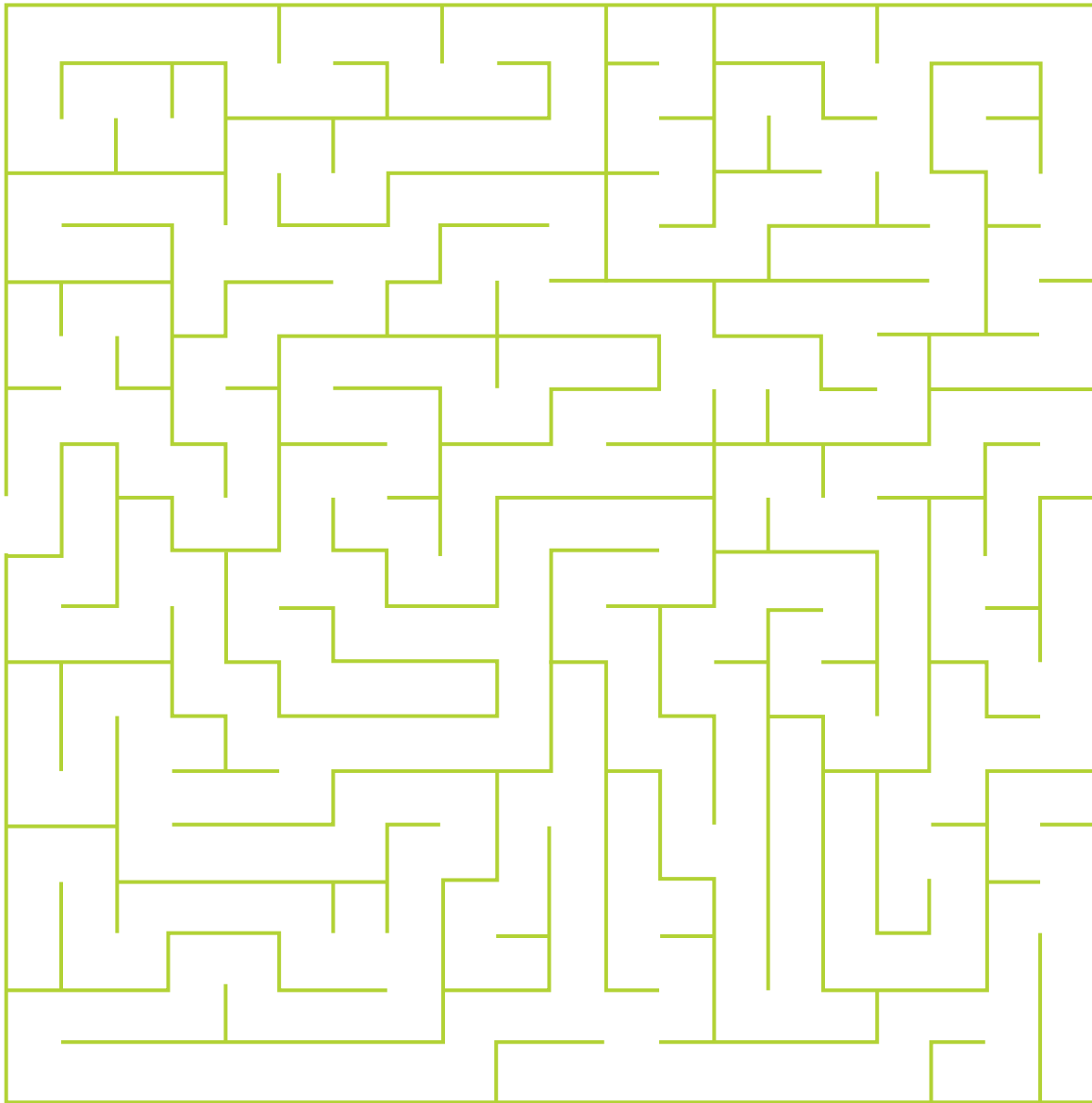


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## CG PUZZLE #3: MAZE

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START



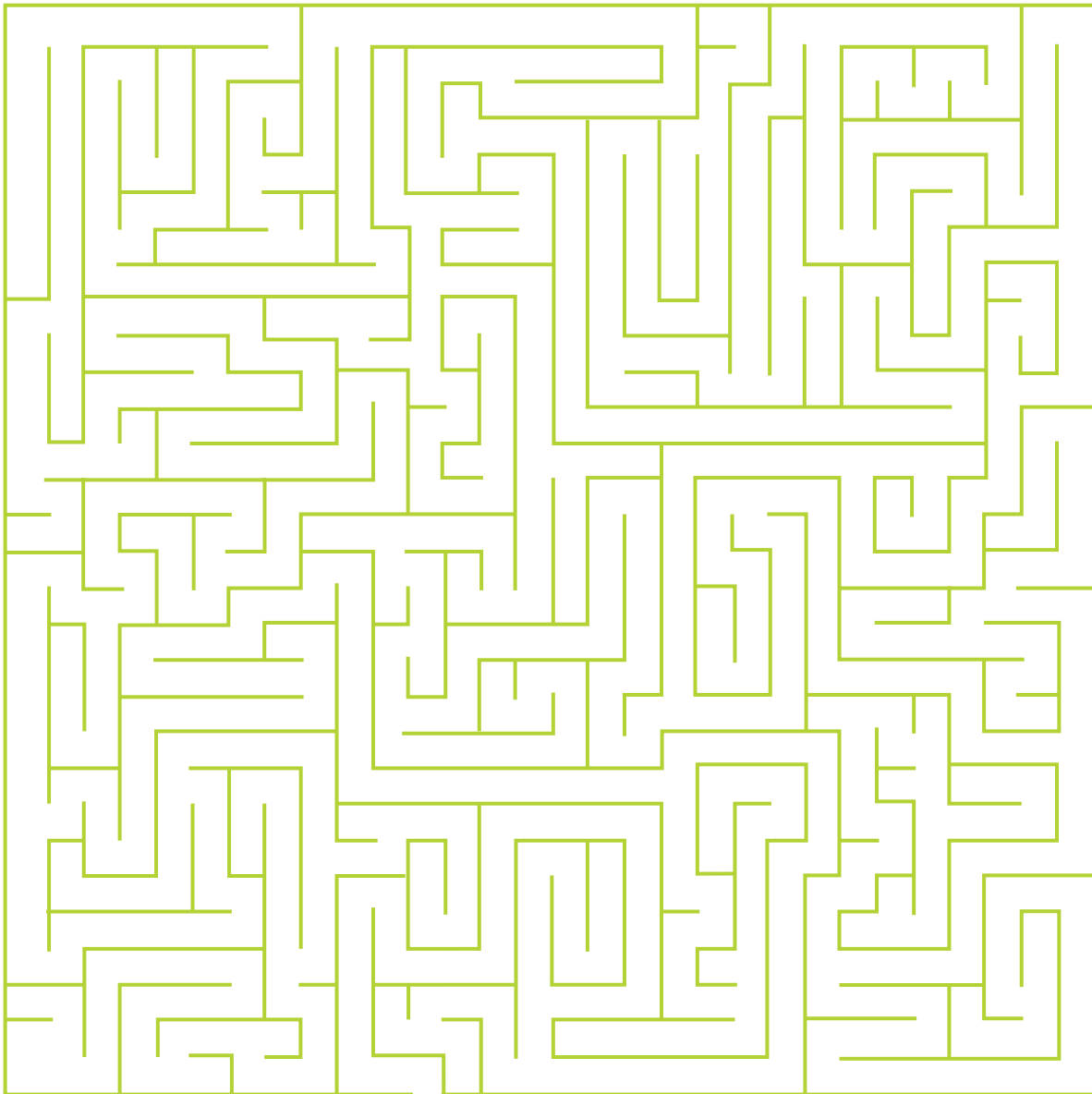
FINISH



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## CG PUZZLE #3: MAZE

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START

FINISH