



Petersburg Indian Association Tobacco Prevention & Control



Step to be Tobacco Free 2018 Registration Form

Name: _____ **Age:** _____

Phone: _____ **Email:** _____

Category: Child (11 & under) _____ Teen (12-18) _____ (19-49) _____ (50 & up) _____
Group (max of 4) _____ (enter all names) _____

Shirt Size: _____ **Pedometer:** Yes or No, I have my own _____

Are you a current tobacco user? _____ Are you a former tobacco user? _____

Have you quit tobacco or attempted to quit since the last pedometer challenge? _____

Child Name: _____ Child Age: _____ Shirt size: _____ Pedometer: _____

Child Name: _____ Child Age: _____ Shirt size: _____ Pedometer: _____

Child Name: _____ Child Age: _____ Shirt size: _____ Pedometer: _____

Child Name: _____ Child Age: _____ Shirt size: _____ Pedometer: _____

Petersburg Indian Association Tobacco Prevention & Control is proud to host its annual Step to be Tobacco Free Pedometer Challenge. Promoting, Supporting and Encouraging Tobacco Free lifestyles and Alaska's Tobacco Quit Line for free and confidential support that works.

All walking during the pedometer challenge is to be completed tobacco & e-cigarette free.

Start tracking your steps daily Monday, May 14th until Sunday, May 20th. Your logged steps can be emailed daily to tpc@piatribal.org or dropped off at PIA. **All logs must be turned in by 12 pm Tuesday, May 22nd**, they can be emailed or dropped off at PIA located at 15 N. 12th St. Please be honest with all of your daily log entries. Your provided email address will be used for daily reminders to track your steps.

Awards Ceremony is on Wednesday, May 23th at 6pm in the PIA conference room. Prizes will be awarded to the top 3 in each age category and 1 prize for the group category. If you are unable to make it to the awards ceremony the winners will be announced on KFSK Tradio Friday at 9am and posted on PIA's Facebook page.

Are you a current tobacco user or thinking about quitting? Here are some Quit Tips: Pick a date, identify trigger cravings, anticipate challenges, identify reasons for quitting, get support, exercise, drink more water, eat healthy snacks, keep hands busy and celebrate your quitting. Call the Alaska's Tobacco Quit Line at 1-800-QUIT-Now (800-784-8669) or enroll online at www.alaskaquitline.com for free support and free nicotine replacement therapy.

By completing this registration form you are agreeing to promote, support and encourage tobacco free lifestyles while walking tobacco free.

Participant's signature: _____

Parent/Guardian's signature: _____

(PIA COPY)





Petersburg Indian Association Tobacco Prevention & Control



Step to be Tobacco Free

Rules & Pedometer Log May 14 - 20, 2018

1. Start tracking your steps with the provided pedometer or your personal pedometer tracking device such as a Fitbit or smartphone app on May 14th until May 20th. A daily email will be sent out to remind you to stay active and to log your steps. Clear your pedometer steps daily to start at 0. Please wear your Step to be Tobacco Free shirt to promote the challenge.
2. Log your steps daily on the log provided and email to tpc@piatribal.org or drop off at PIA **no later than 12 pm on Tuesday, 5/22**. Please be honest with all logged steps and have fun.
3. While walking please be safe and follow the rules of the road. All walking **must** be done tobacco free. This event is promoting, supporting, and encouraging Tobacco-Free Lifestyles. If you are a current tobacco user and looking to quit, you can call Alaska's tobacco quit line at [1-800-Quit-Now](tel:1-800-Quit-Now) and or go to their website at www.alaskaquitline.com for free, confidential advice on quitting that is proven to work and to receive free nicotine replacement therapy.
4. Awards Ceremony is Wednesday, May 23rd at 6:00 pm in the PIA conference room. Prizes are awarded to the top 3 participants in each age category and top participating group. Winners will be notified via phone, please provide your phone number. If you are the winner and unable to attend you may claim your prize at PIA during business hours, M-F 8 am - 5 pm.
5. Remember, walk tobacco free and above all, have fun!



Name:		Category/Age:
Phone:		Email:
Date	Daily Steps	Checked-In (for PIA records)
Monday 5/14		
Tuesday 5/15		
Wednesday 5/16		
Thursday 5/17		
Friday 5/18		
Saturday 5/19		
Sunday 5/20 (final day)		
Monday 5/21	Turn in your log to PIA	tpc@piatribal.org - 772-3636