

Substance Free Challenge

Tips and Tracking Sheet

Over the course of the semester, our reliance on different substances can increase simply because we feel short on time, in need of a quick fix, as a habit built into our daily routine, or because we need more to feel the same effects. This is especially true for alcohol, caffeine, and nicotine.

The good news: for most casual users, tolerance can drop or be reset by taking a short break. Hitting the reset button can save money and give you a chance to shake up your routine if it is trending in the wrong direction. Here are some tips to help you succeed:

Make your goal stick by being specific

Are you giving up coffee for a week, or all forms of caffeine? When you set your goal, you should also set very clear criteria for what constitutes success (or failure). One way to help make your goal stick is to physically write it down. Seeing your goal in writing helps to set your intention, taking it from something you *could* do to something you *will* do.

Out of sight, out of mind

Behavior isn't all about motivation and willpower – cues from the physical environment influence our actions. Studies show that putting fruits and vegetables at eye level in a school cafeteria can increase consumption. You can use this same trick to your advantage by stocking healthy alternatives within arm's reach, and hiding the things you want to avoid under a sink or in the back of a closet.

Plan ahead to outsmart yourself

You just happen to be the world's leading expert on yourself, and you probably have some idea about how and when you are likely to stumble. Put up guard rails to prevent yourself from steering off course. Make a list of the most likely setbacks and the strategy or backup plan for each one.

Use peer pressure to your advantage

Tap into positive social pressure by sharing your goal publicly, post about it on social media, and find your accountability buddy. It's also a good idea to let your friends know about your goal ahead of time so they don't accidentally tempt or pressure you. Why not recruit others to donate to a worthy cause by joining the challenge themselves?

Track your day

Use the table to plan your day, anticipating any barriers or triggers at certain times.

Hour	Activity / Plan	Hour	Activity / Plan
12:00 a.m.	Midnight	12:00 p.m.	Noon
1:00 a.m.		1:00 p.m.	
2:00 a.m.		2:00 p.m.	
3:00 a.m.		3:00 p.m.	
4:00 a.m.		4:00 p.m.	
5:00 a.m.		5:00 p.m.	
6:00 a.m.		6:00 p.m.	
7:00 a.m.		7:00 p.m.	
8:00 a.m.		8:00 p.m.	
9:00 a.m.		9:00 p.m.	
10:00 a.m.		10:00 p.m.	
11:00 a.m.		11:00 p.m.	

Track your week

Count down the week by marking each day with an X, an emoji, or a few words about how it went.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Track your month

Fill in the days on the calendar for the current month. Count down the month by marking each day with an X, an emoji, or a few words about how it went.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday