

Save Your Breath Bingo

Tobacco	15 years after smoking	1 year after smoking	Blood Pressure	Prehypertensive Blood Pressure
Heart Rate	Acetone	Tar	Lung Cancer	Addiction
Normal Blood Pressure	Stress	One Day At A Time Free Space	20-30 minutes after smoking	Loneliness
Cravings	Depression	Save Your Breath	Gum Disease	Nicotine
Save your breath	Cigarette	Cessation	High Blood Pressure	Carbon Monoxide

Save Your Breath Bingo

20-30 minutes after smoking	48 hours after smoking	Loneliness	Heart Rate	Gum Disease
2-3 weeks after smoking	Stress	Prehypertensive Blood Pressure	Cravings	Depression
Tar	15 years after smoking	One Day At A Time Free Space	Tobacco	High Blood Pressure
Formaldehyde	Addiction	Carbon Monoxide	Nicotine	Triggers
Normal Blood Pressure	Lung Cancer	Save your breath	Acetone	1 year after smoking

Save Your Breath Bingo

Gum Disease	Acetone	Loneliness	Taste	20-30 minutes after smoking
Withdrawal	Triggers	Addiction	2-3 weeks after smoking	Prehypertensive Blood Pressure
Lung Cancer	Blood Pressure	One Day At A Time Free Space	15 years after smoking	Tobacco
Heart Rate	Normal Blood Pressure	Depression	Cravings	Cessation
Nicotine	Save your breath	Formaldehyde	1 year after smoking	48 hours after smoking