



# Smoking Cessation BINGO

## Bingo Instructions

### Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

### Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

### Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

### This is an alphabetical list of all 30 events:

Acetone, Addiction, Anxiety, Asthma, Blood Pressure, Boredom, Carbon Monoxide, Cessation, Chewing Gum, Cigarette, Cravings, Depression, Esophageal Cancer, Fear, Formaldehyde, Gum Disease, Heart Rate, Loneliness, Lung Cancer, Nicotine, S.T.A.R.T., Stress, Tar, Taste, Tobacco, Triggers, Trouble Sleeping, Trouble Thinking, Wellbutrin, Withdrawal.



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## Bingo Call Sheet

This is a randomized list of all 30 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Nicotine	Heart Rate	Chewing Gum	Taste	Wellbutrin
Trouble Thinking	Carbon Monoxide	Acetone	Cigarette	Tobacco
Addiction	Triggers	Anxiety	Blood Pressure	Boredom
Tar	Cravings	Esophageal Cancer	Depression	S.T.A.R.T.
Withdrawal	Cessation	Loneliness	Stress	Gum Disease
Fear	Trouble Sleeping	Formaldehyde	Asthma	Lung Cancer

Esophageal Cancer	Loneliness	Heart Rate	Blood Pressure	Carbon Monoxide
Boredom	Cravings	Formaldehyde	Taste	Wellbutrin
S.T.A.R.T.	Tobacco	FREE	Stress	Tar
Triggers	Trouble Thinking	Nicotine	Trouble Sleeping	Fear
Depression	Withdrawal	Cigarette	Cessation	Acetone

This bingo card was created randomly from a total of 30 events.

Acetone, Addiction, Anxiety, Asthma, Blood Pressure, Boredom, Carbon Monoxide, Cessation, Chewing Gum, Cigarette, Cravings, Depression, Esophageal Cancer, Fear, Formaldehyde, Gum Disease, Heart Rate, Loneliness, Lung Cancer, Nicotine, S.T.A.R.T., Stress, Tar, Taste, Tobacco, Triggers, Trouble Sleeping, Trouble Thinking, Wellbutrin, Withdrawal.

Triggers	Nicotine	Taste	Blood Pressure	Withdrawal
Trouble Sleeping	Tar	Acetone	Esophageal Cancer	Cessation
Cigarette	Trouble Thinking	FREE	Asthma	Loneliness
Cravings	Heart Rate	Formaldehyde	Chewing Gum	Lung Cancer
S.T.A.R.T.	Depression	Addiction	Fear	Wellbutrin

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