

## Miguel Angel Campa Video Journals

### Video 1

Okay, Hello, my name is Miguel Angel Campa. I'm 22 years old. This will be my first video blog. First and foremost let me just give you a couple of reasons why I decided to quit smoking. I have a 3-year-old daughter. Her name is Michela Marie Campa. She's one of my biggest influences. I really don't want her to watch me grow up smoking, you know what I mean? They say that kids pick up after their parents, so I'm gonna try and set an example. Another big reason is that I just recently got, um, my two nephews. His name is Robert, he's eight, and I have another one his name is Gabriel, he's 4. I went ahead and took him out of the states state and took them away from my older sister. So now I have two young nephews to take care of and another reason for me to go ahead and try and quit smoking. They look up to me a lot. I've been around them as I was growing up younger, and um, they've been through some stuff and I'm here to set an example. They are another big part of my influence. Today is January 20<sup>th</sup>, and it was a long day. I think I might have smoked half a cigarette this morning at work. And so I'm going to try and hang tough and keep it up and see if I can stick with it. It can't hurt you more than it already is.

### Video 3

Hey it's day 2, January 21<sup>st</sup>. It's my second day going without smoking. I didn't smoke a cigarette at all today. I went to work; I mean I went on break. That's where most of the temptation is because a lot of my fellow coworkers smoke. And, um, that was part of my routine, going outside and smoking a cigarette, then going back to work. Instead of that I went inside the break room, sat down and talked to a friend of mine. A guy that just goes, an older guy, goes sits down and eats lunch. He doesn't smoke so. After that I went back to work. Lunchtime was the same thing, it was in the back of my mind. I wanted to go outside and smoke, but I didn't. I went, sat down, ate my lunch, and went back to work a little early. Caught up on some things I was doing. It wasn't as hard as I thought it would be. Like I said, back of the mind, but I think I can do it, I'm pretty sure. We'll see how the next couple of weeks go, and hopefully I'll stick with it. That's my little girl. Alright well, later, till next time.

#### Video 4

Hey, it's um, day three. Today's day, it went, it went pretty decent. This morning I got up, and I found myself wanting to smoke a cigarette, so I smoked a cigarette before I got dressed. Took a shower, got the kids up, got them ready for school. I went to work. Work was fine. The most tempting times of my day are usually during my break time. I'm assuming that's when my regular smoking time is, so it was ok. The first break I stayed inside. After lunch, I had my lunch and I sat outside for a little bit, but it's great. These urges aren't really that bad or too long. So, after work I came home, made dinner, got the kids fed; they're in bed already. It was, it was a pretty easy night tonight. So, it's pretty much the end of my day. I'm about to call it a night; just wanted to go ahead and let you guys know how it was going.

#### Video 5

Hey, what's going on guys? It's day five. Everything is going pretty great. In the last five days I might have smoked a total of three cigarettes, two cigarettes, something like that. Um, I've gone a couple days without smoking at all, and then there's some days when I might have smoked a half. Especially in the morning time, I find that when I get up in the morning is one of the second most times where I really feel like smoking a cigarette besides when I'm at work during my breaks. Like I said before, break time was my routine smoking time; it's when I wanted to smoke the most. But um, I feel good, I feel fine. I've noticed that my lungs just feel like they've been getting a little bit like sticky when I cough a little bit. I'm just hoping that's like that stuff breaking down, all that tar or whatever that comes from smoking cigarettes. Um, like I said, I'm really trying to stick with it. At first my girl, she was kind of, um, how do you say, she really didn't believe, but um she sees that I'm really trying hard and she told me today that she was pretty proud of me so that made me feel a little happy. It's always good to have your girl, or someone you care about support you, so I was pretty happy about that. Um, everything's going great. I really haven't smoked much or nothing. I've been drinking a little bit tonight, and so I'm gonna try and stay away from the cigarettes. Every time I see someone light one up I'll walk back into my house. My neighbors are throwing a little party. I figured I'd just let you guys know what's going on. How's it going? Alright, till later on, see you guys later.

#### Video 6

Hey what's going on? It's day 7. Today was a pretty good day. Took the kids to the park, went out. As far as smoking went I resisted to smoke a cigarette all day today. I haven't smoked anything. Yesterday, like I said earlier I was at a little party and I might have smoked half a cigarette, but I feel like I'm doing pretty good because for some fact that it's been like a week probably by now and I maybe have smoked three cigarettes, so that's pretty great compared to the five to eight cigarettes that I used to smoke a day. Like I said, the most like as far as physical reactions have gone, I feel like I'm coughing a lot of that shit up and my lungs are clearing up which I'm really excited about just because I plan on start jogging as soon as this cold weather goes away; it's been pretty cold the last couple days. So, as soon as like all of the weather starts to begin cooling off I plan on start riding my bike to work everyday. It's like four miles from my house to my job, so I'm going to start riding my bike. I feel great, I'm really ecstatic that I haven't smoked. You know what I mean? I was smoking eight cigarettes a day and I'm really coming off of that this last week. I've been doing this for six or seven days now, and I might have smoked maybe four cigarettes since I decided that really need to stop smoking. So, I'm really proud of myself, and so is my family. So that's really great. And like I said, I'm just really happy. I'm gonna start trying to get in shape a little more, and try to start exercising. I have two pit bulls, and one of them belongs to my girlfriend and the other one belongs to me. So I have my two nephews like I said previously and I'm gonna try and start getting my nephew to walk one of dog and I'm gonna walk another. We're gonna try and jog a little more and try get into shape a little bit. Try and wear my nephew off. He has, he's really hyper and has ADHD, and maybe it'll help him get rid of some of his energy, because we have problems at night putting him to bed, but he's a good kid. And like I said, me quitting smoking is a really great experience and I'm enjoying it. Like I said, my lungs, they feel like they've been getting sticky. And I've been coughing a lot, well not really a lot, but every now and then I'll cough and I'll feel like I'm spitting up some of that stuff that was in my lungs and I just, I'm really ecstatic. It's great, I just feel like um, I'm really going through with it and I'm really gonna keep it on. So, it's about time for bed; I'm about to go to bed, get up in the morning and go to work. So I figured I'd let you guys know what's going on, how I'm feeling. And, I'm really excited. I'm gonna keep with it and tough it out. So, alright guys till another good day, I'll see you later.

## Video 7

Hey what's goin on guys? It's day seven. It's been one week since I pretty much devoted my time to quit smoking. I feel like I'm doing pretty great. It was a pretty easy day today

until we got home and started dealing with the kids. Took them out to eat. Came home, put them to bed. Feel like I'm doing pretty great; everything is going good. I smoked about half a cigarette today. Probably about an hour ago, just because it was a long night with the kids. My nephew gave me a little bit of trouble. You know what I mean? It gets a little frustrating sometimes, but I did smoke a half a cigarette, but even though I did. I just, I'm doing great; I'm doing good. Temptations are coming very slow and rare. So I'm happy about that. I feel like it won't be long before I just won't even smoke anymore. So hopefully I have something interesting to say other than it's great. You know what I mean? I'm happy I'm sticking with it. I haven't started exercising any yet, but it'll come. So, like I said, day seven. It's been about eight days since I really tried to stop. So hopefully everything will keep going great.

#### Video 8

Hey, what's going on guys? It's day eight I believe, yeah day eight. Today was a pretty decent day. I went all day without smoking a cigarette, which is great. It's always a good thing. Yesterday I smoked I think it was a half or a whole cigarette right before going to bed. It seems to be pretty easy. In case anybody's wondering, I'm not using anything, like any kind nicorette, or nicotine patches or anything like that. I'm just trying to do it on my own. One of my biggest problems, obviously, is that my girlfriend is still smoking. And right now my mother-in-law is in town and she smokes too. So I kind of feel like those are, just seeing stuff laying around, you know what I mean? Like I could just see a pack of cigarettes laying on the table. Like last night, I kind of blame that. It was about time for bed, well it was about an hour before I went to bed. And I'm just seeing the cigarettes sitting up there, and it's just temptation, you know what I mean? So I grabbed one and I smoked it. But um, today was a pretty good day; I went all day without smoking anything. Like I said I'm really glad that these urges to smoke, they're not very bad, they're not very common. I guess, you know what I mean, I talked to so many people at work that smoke, and some of these people smoke like a pack a day, a pack and a half a day. And one day when I had told them I had averaged seven or eight cigarettes a day, they were like I probably shouldn't even be smoking. So maybe that might be one of the reasons why it's been pretty easy for me. That and for the fact that I have a really good reason to quit, my beautiful daughter and my two nephews. Um just real quick, "Ally, come here... trying to get my dogs attention." This is gonna be my exercise partner right here, my dog, this is Allycat, say hey Ally. That's Miss Ally. She's my dog, I've got another pit bull. Little Girl! This is little girl. I'm gonna start jogging with these two dogs. I'm gonna let my nephew hold one, and I'll be with my dog. So hopefully this whole exercise thing will work out pretty good. I'll give you guys an update when I start it. I'm thinking about doing it tomorrow. So, hopefully that will work

out for me, help me lose a little bit of weight. But um, like I said I'm gonna try and go strong this time, stop giving into any kind of small urges. Like I said, I'm really glad these urges ain't harsh. So I'm gonna go ahead and try and not smoke anything after this day forward. Hopefully my videos don't get a little boring to you guys, but if they do, like I said I'm really proud of myself that I'm barely smoking anything. Alright guys, till another day.

## Video 9

Hey guys, what's goin on? It's day nine. Today was a pretty great day. I didn't smoke one cigarette all today. I don't know, it's kind of funny to me today. I told my self that, you know what I mean, I was officially gonna stop giving into any kind of small craving, small or big. It kind of felt like it was a little bit harder after I kind of just stuck it in my mind. I don't know, it's kind of weird to be cause I really wanted to go outside and smoke today. And every break, it was like, I mean, it was something else. It's all a mind thing. Cause like, these last couple of weeks, I expected it to be kind of hard, so I told myself when I had first gotten into this about 10 days ago I told myself, ok look, your main thing right now is to try and cut down smoking. And I have done that. And that wasn't very difficult. And like I said, I might have smoke five or six cigarettes in the last 10 days. And I kind of, I gave into urges pretty much, and now that I told myself just the other day, that's it, no more cigarettes, no more urges, I just want to quit. That's it. I found myself really wanting to smoke a cigarette. Maybe it's just a mind thing, I don't know, but I didn't give in to temptation. So, that's great, so I'm gonna keep on going strong the best I can, and just try and not smoke any cigarettes. It shouldn't be that difficult. I haven't started any type of exercise thing, so that's just something I really want to start doing. We'll see when I start it. It's supposed to start getting cold again. So, I definitely won't start riding my bicycle to work until it gets cold, until it stops being cold. So, that was my day, I'm about to jump in the shower and call it a night. So, that's it guys, hopefully tomorrow will be a little better than it was today. But like I said, my main thing is that I didn't smoke. I didn't want to, I mean I wanted to, but I didn't. So I'm happy about that. Alright guys, until tomorrow, I'll see you all later.

## Video 10

Hey whats going on guys. It's day 9 or 10. I gotta say today was a pretty rough day. At work it was a bad day. And obviously when work is hard, you get stressed, and when you get stressed, it's all cigarettes now. As all cigarette smokers know, one of the things is to go and smoke. Well, just so you have an idea as to what i was going through, um, I run a machine, it's a 3 knife trimmer. Um, these books fly into my machine and I cut them down to whatever size the work order calls for. They go through the machine like 15,000 an hour. And whenever the machine stops they fall into a different conveyor belt about 10 feet away, and the guys that are working on my machine have to go and stack them down onto pallets. Well, the machine that I ran went out of time, and it's like a 3 hour process to put the stuff back in time. So, I'm doing this, the guys at the other end when they have to stack down, you know it creates more work for them. It was just a really bad day. I had the bosses coming to see what what was going on. What was going on. The job had to be shipped out today, mailed out and shipped to the customer. It was just really stressful. There was a lot of pressure on me today. It was just like. On the upside, a positive note, I didn't smoke! I mean gosh, this happened about lunch time, a little after. I have a break after that, and I really wanted to go out there and just smoke, and relieve some of the stress. All serious smokers know, when you get stressed, there's a lot of pressure, you just tend to what to smoke, smoke a lot. I'm happy to say I didn't. I'm proud to say I didn't. So, that was really good on my part. Oh man-it was a day. Well it's the end of the night. I figured I'd let you guys know what's going on.

#### Video 11

Hey what's going on guys. I figured I needed to get you all an update. I got really busy yesterday and just ended up going to sleep really late. I didn't get time to let you guys know what happened. It was a straightforward day, I went all day yesterday and all day today without smoking a cigarette. I still feel a lot of stickyness in my chest, just hope it's all that stuff coming out. But um, I really just It was a good day these last 2 days. Like i said, I didn't smoke anything. So, I'm about to go to bed, so later on guys.

#### Video 12

Hey what's going on guys? It's super bowl Sunday. Unfortunately my team lost, or at least one of them-not my team. I was rootin for Arizona I guess they didn't pull it off tonight. As a matter of fact I'm still watching it. I recored it on the DVR, cuz i had a lot of things to do with the kids. It was a pretty good day today, I just kind of hung out at the house with the kids, watched the Super BOWl obviously, just enjoying my day off-

Sunday. I didn't have any kind of cigarettes today. So, that's always good. But like I said, I recorded half the game on the DVR so I'm watching it right now. At least the ending. A friend of mine walked into the house and was like "yeah Steelers!" so I was like aw shit. So, it kills the purpose but oh well. Alright, just thought I'd let you all know that today was another good day, so feeling good, feeling find. Later on then.

### Video 13

Hey guys what's gong on? What a Monday today it was. What a rough day at work. I was doing some kind of pocket dictionary, it was a 4X6 book. Extreme pain in the ass. I twas a really rough day today. After school, or after work at least, got the kids off to bed did some homework. Putting them to bed, oh gosh. It was just a hard time, giving them baths and putting them to bed. It was a hard time. It was a really stressful day. It was just one of those days. It's like every cigarette smoker knows um, smoking a cigarette relieves stress. Or at least you think it does. It just a way, but I really wanted to smoke. Bottom line. But I haven't yet. It's about 10:00 I'm about to go to bed. But, for the most part I have been really tempted to, I just got the kids to bed about 15 minutes ago, and I still really want to. So you know, I'm about to jump in the shower, you know what I mean, hopefully just lay down and go to bed. So that's that for today. So until tomorrow, alright.

### Video 14

Hey guys what's going on? It's like day 16 I think, and um, let me start off by telling you it was a really a stressful day today. I was running the trimmer, that 3 knife trimmer today. Those books were flying through that machine. And um, It was just one of those says and, unfortunately I think it was my first break, I went outside and I bummed a smoke off my boss. And we talked there, and we talked about what we need to do to make the things run a little more efficiently. But um, yeah I did smoke a cigarette today, it was a bad day. When I got home it was even worse. I guess my nephew walked home instead of getting picked up by the daycare. The daycare was calling us the school was calling us it was just a big mess. But um, I'm doing great. I really would have like to not have broken the streak I was on, but I'm proud of myself and I'm happy. I'm doing good so I'm gonna keep it up. Hopefully things will just pan out and hopefully by the end of this video I'll be tobacco free.

## Video 15

Hey whats going on guys I guess its day 17 or 18 its almost been a month so personally I feel like I'm doing pretty great. I'm doing exactly what i set out to do I told myself at the beginning of the experience that I was gonna go ahead and try to quit smoking cigarettes. I was kinda preparing myself to do it gradually and slowly and thats pretty much what I did at the beginning of this whole thing I kind of I made myself cut back on cigarettes, and I smoked them whenever I really really felt like I wanted to, and about a week, week and half into this I kinda decided that thats it, no more smoking and I put my mind towards that, and I feel like I have been doing great, Just you know I've said it before I was smoking 7-8 cigarettes a day, and I cut it of to one or two a day, Then I started off maybe one a day, the I did maybe one after two or three days. I've been feeling great. Yesterday was a slip up it was a rough day so was today you know what I mean it was a really big day especially at work and at home but I've managed to not smoke a cigarette unlike yesterday. Yesterday I pretty much gave in. It was just I wanted to smoke, it was a craving that I got it was really bad, but not today, today was a good day I didn't smoke and I feel great and I'm happy about what I'm doing. I really feel like I'm going to see through this especially after today. I feel like yesterday I was really tired and weak minded and thats why I gave in. Thats about it. I'll talk to you guys tomorrow. I think tomorrow I'm gonna take you guys, my camcorder to work so you guys can see what I do, where I sit on break. (laughs)

## Video 16

Hey whats going on guys I'm at work right now, this is my 12 o'clock lunch break. Todays been a pretty difficult today. I'm on a BA36 case maker, it makes hard back cases for books, its a pretty difficult job today. (describes measurements of books and the machine) Its about a 15 year old machine, its not really up to date and I've been having a really hard time. So yall can see little of what I do and one of the machines that I run. This is a big reason why I smoke, machines sometimes they can run great and sometimes they don't. This is pretty much what it is, it shoots out a set of boards, this hand right here picks them up, spins them around and pushes down into the center of this paper and forms it, here is where the paper comes from right here, it goes and spins down into some glue, that little rod grabs it and meets it in the center of the board, then they get pulled along side and back out here, come over to this little section here and then get pushed out, get on this conveyor belt and this is pretty much where I pick them up. Its a pretty simple process but um, like I said earlier this little line right here needs to sit perfectly aligned with the book, and with out of date machinery it easier said then

done. Here a different look with the machine... Its pretty cool, its pretty fun I really enjoy it, there sometimes like any other job when its really stressful and really hard. Its just one of those days today it just hasn't gone my way, I'm kinda behind schedule right now so I'm going to take my lunch break. Its interesting, maybe a little later when I get a chance I'll walk over to the other machine I run just so you guys can see what I do for a living. It can be really stressful at time and theres other times where you are just bored and don't know what to do because the machines work so great and thats just another thing that makes you want to go outside and smoke. Hopefully you all can here what I'm saying and I'll log back in later.

#### Video 17

Hey whats going on guys. I just thought I'd give you a real quick glance at another machine that I run here at the printing company that I work for. Its a binder it binds books, You can see all the paper comes of that machine right there it will feed into that machine in the center they come along and they all go on this conveyor belt they come across here feed through this machine, they have time to dry off on this conveyor, when they get passed this conveyor here they fall into my machine. My machine is a little over here, They come all the way across this conveyor, the machine is kinda empty right now because everybody is at lunch This is one of the machines that I need about 8 or 9 people to work on with me, this is the machine that I actually run, all the books fall into here, they drop into there, then they go into this stuff right here, here is where they get trimmed out at, at time it can be pretty stressful, here is what the book looks like (mumbling and noise) After it comes out of my machine its trimmed down to the size it needs to be, hence the three knife trimmer, it comes out this end and goes into this machine and gets pushed out right here. You have people that box up the machine that push the tape then they stack them down. It seems like a very basic process but at times it can be very difficult, things don't always work right on the machines, and I mean it can just be really stressful and on top of that I'm having to let 5 to 8 people know what to do at all times so don't have people just standing around. Its really stressful at times and I the only reason I showed you guys this was to show you work and one of the main stress factors in my life, and everybody knows and I've said it before when your stressed out you want to smoke. As of today I'm doing good I haven't smoked any cigarettes though I've been tempted, but I'm holding up and hopefully I can keep up everything thats going on with me and I think I'll be alright. Alright guys..

## Video 18

Hey, what's going on guys? It's like, uhm, like Friday, its like day 21, 22, something like that. Uhm - today I didn't go to work , it was a pretty stressful day, even though I didn't go to work, I had a lot of things that I had to take care of, a lot of errands that I had to run, I had some hospital bills that I needed to take care of, and paper work for insurance claims I had to do, and, awh man, that was just pretty stressful task itself, but uhm, I was pretty much spent, today myself, running around doing errands, I didn't smoke any kinds of cigarette. I think this is day 2 maybe? Day 2 or 3 that I have gone in a row without smoking a cigarette, I had a good streak going on, but I broke it. I'm pretty confident that it'll be pretty soon before I have any kind of cravings. That'll be great. As far as - I feel like I'm getting out - getting done, what I feel like I really wanted to get done with - which was smoking. Yeah I do. I'm doing great in my opinion, really great. So that's it - thats a wrap. Till later guys.

## Video 19

Hey, what's going on guys? It's like day 23, 24. Today was a pretty good day, so was yesterday. The last 3 or 4 days have been pretty good for me. Yesterday I left out to Panama City with my family, went to go visit some of my girlfriends family down there, and that was exciting. They're all cigarette smokers, but I was able to stay away from that, and just avoid it all together. We got back this morning. Today was pretty much a family day, took the kids to the park, did a little bit of yard work. About 5 o'clock when the sun started going down, kept myself busy. It was pretty good, these last 2 days, I didn't feel like smoking any cigarettes, I didn't smoke any cigarettes, which is the important part. It's coming close to being about 30 days, so I'm pretty proud of what I've accomplished, and I'm happy. I'm pretty satisfied. I've probably said this twice in the last 2 or 3 videos, but I am, and I'm really thankful that I've had this opportunity. It was all on my head, I did it all myself, so I'm just going strong. Keeping it going. Alright guys.

## Video 20

Hey, what's going on guys? Ha - the camcorder went dead on me. Today is February the 9th, I think. It's been about 23, 24 days, and I feel great. Today was a pretty great day, I was at work. It was a pretty calm day at work, the machine ran great. (inaudible) like I showed you guys before, but this one wasn't bad, it was laid out pretty decent. I got home, fixed dinner, did some homework with the kids, played with them for a little while. They were out by 8:30, 9 o'clock, so that was good. Get to catch up on a little housework with my girl. I found myself not wanting any kind of cigarette today, didn't smoke anything today, so I'm happy about that. I'm always happy when I can go a day without smoking. I've had a few, maybe a little less than a week's worth, but it's better than nothing, and I'm proud of myself; I'm happy. I'm probably going to keep saying that because I really am. When I got started with this first thing I thought to myself, "Well...", I had an open mind - not going to lie. I did have an open mind, I really wanted it to work, and I'm glad that it is. So, that's that guys. I'll let you guys know what happens tomorrow.

#### Video 21

Hey, what's going on guys? Today is February, the 10th, it's a Tuesday. This one is going to be pretty short. It was a pretty average day at work, home, homework. Dinner, bedtime, I'm happy to say it's another smoke-free day, so that's always great. Haven't had any real (Child screams) ... temptations. Miss Marie, stop screaming. (Inaudible) I'm happy about that, trying to keep it up. I feel great. I can't say I ever feel 100% different, I mean, I know, but I know my line debt. I feel I'm getting healthier, smoking is really bad. But, I'm not doing it, I'm not doing it nowhere near as much as I was. Hopefully, it will be real soon, before another day without cigarettes, and another day without smoking. It's close, and I'm happy. Alright guys.

#### Video 22

Hey, what's going on guys? It's Wednesday, think it's the 10th or 11th, yeah, it's the 11th. It's like day 25, 26, and I'm happy to let you guys know I'm still going strong, I haven't had a cigarette in like 4 or 5 days. I gotta admit, it's probably been the farthest stretch since I started this whole thing. Yeah, it has been, it's been the longest I've gone

without cigarette, I'm feeling good, I feel, a little physical thing. My lungs feel like they're getting sticky again. I went three days, and I feel a sticky feeling in my lungs. Then I started smoking every other day, and now it's been about 5 days, and I can honestly say that I feel the difference. You know? When I had stopped for about 3 days before I smoked a half or whole cigarette, I've noticed that my lungs are getting sticky. Now it's like 4 or 5 days again, and I can feel the little, I don't know, it's hard to explain. I just feel stickiness. I get like a little, clapped cough, I don't know - it's weird. But, uhm, I went all day without smoking a cigarette, I didn't really think about smoking a cigarette, and it's great man, I'm happy. I'm very hopeful this is going to work out. My girlfriend claims that she is going to stop soon, and I'd be really happy if she did. I think that I've motivated her, and when she sees that I'm sticking to it, and I've cut back so much, and I'm gradually stopping, and I'm doing what I set out to do, I'm proud of myself. I'm happy that she is considering it now. I seen these old ladies at work, lines in their eyes, they've been smoking for 20, 25 years, and I really don't want my girl to be looking like that, 20 years from now. We've been together for about 7, and we've got a daughter, and I don't want her having lines, and I told her that before. So - I'm happy that I've motivated her, and she claims that it's going to be real soon. So, we'll see, and it is kind of hard to see her smoke, see a pack of cigarettes laying around, and that is part of my temptation. Just seeing the pack of cigarettes, laying on the counter. I'm happy to say, my temptations, it's good. I'm not really getting too many, I mean maybe, one or two a day. Honestly, I'm happy. Alright guys, it's time for bed.

### Video 23

Hey, what's going on guys. It's something like 25, 24 days, it's been a great day today. Today is one of my days off, it's Friday. It's like the 12th, 13th, it's been a pretty hectic day, I've had to go by my TLC, I had to go to the bank, had to go to one of the schools for my younger brother. I've had a lot of running around to do, feel like smoking a cigarette right now, that's what made me want to do this real quick, but I'm not going to. Pretty strong, 5 days, pretty great. I can play it out. Today, I guess I just have some cravings. Figured I'd just do this quick video, maybe it'll help me not want to, this really has helped me out. So, that's that. About to go play a video game right now, but, alright. Get back later.

### Video 24

Take it easy, kids would you?

#### Video 25

Hey, what's going on guys? Today is the 18th. I don't think I blogged in on Saturday and Sunday. Pretty good weekend. I'm happy to say, it's been almost a week, maybe a little under. About a day over, maybe, just about, but I haven't smoked a cigarette, I haven't really been feeling like it. So, I've been keeping myself busy with the kids and stuff. Just got done playing baseball, like the built baseball, the kids been watching, and me and my girlfriend got into it. She sees what smoking is doing to her, it's funny. But, I guess I've been keeping myself busy, spend a good amount of days. So, I'm happy. Everything is going like I want it to. I'm hoping at the end of this thing that y'all guys might honestly see somebody quit smoking. It's been - I'm proud of myself, it's been good. I'm proud about that, so I'm going to keep it up. Should be about done with this whole recording stuff, so, I can honestly say that this helped me, influenced me in a big way, so I'm really proud of what I've done. I'm really thankful.

#### Video 26

Hey, what's going on guys? Well it's one of the days that (inaudible). It was a pretty straightforward day at work, I didn't work on any machines, I just worked on the floor all day. It's pretty great, it keeps you busy, and it's not very stressful. So, work was great, just found a lot of little things to do. As far as not smoking, during my breaks and stuff, I catch up on my work, get ahead of my work, maybe just sit and talk to people inside that don't smoke. Everything is going great for me. I can't express how happy I am, this whole thing is working out for me, quitting smoking. Because it really, really is - I haven't smoked about a week. Feel great, I come home, I haven't started exercising, that's something I've wanted to do. I plan on riding my bike, just trying to get healthier the whole way around. Something I've been telling myself I've been wanting to do. So, I really want to do that. I don't know if I mentioned Danielle plans on quitting smoking in March. She has this whole beach house trip that she's going to in March and she claims after that she is going to stop, but after that, she kind of made a little challenge. She

makes it a point to keep them in the car or keep them out of sight. Which shows me that she supports me, so that's great. But, everything is going good and I'm just going to stick with it. I'm around smokers all the time at work and at home, and I know just one or two that'll start making me pick back up, so I'm going to try and just keep it up and stay away from it all together. About it right now guys, alright.

#### Video 27

Hey whats going on guys, I hate to sound boring or repeating but um another great day I didn't smoke all day, I'm doing really good and I'm really proud of myself, I just really cant believe how its going, I'm doing great i have smoked a cigarette in..it has two be a week, I'm not a hundred percent sure but its been a good minute, um I'm happy about that,the kids (mumbles) I think they know this I hope they do I'm not smoking, Danielle's made it a habit not to smoke in front of them at all she goes outside, she always has. We both always had, but she doesn't do it in front of them at all. She has helped me out by keeping it all away from me so I'm happy its going great so, Hopefully I'll keep it up, I really want to start trying to exercise, get into shape more, I feel like I'm a little overweight to hopefully with this whole cigarette stop smoking thing it'll really help me keep a really good stride as far getting back in shape and start riding my bike soon starting to get really cold again as soon as it warms up I'll start it up again, I'm kinda anxious to see how out of breath I feel. Its about 4 miles from my job to my house and I ride it to and from work, at least I use to. There's a couple hills high roads that are pretty steep and I'm anxious to see if i can actually keep a steady pace instead of really slowing down like I use to, I'm pretty excited about that, hopefully I wont be out of breath as much as I was, because I really do remember how I felt, so we'll see if I improve and hopefully I'll feel pretty good when I start riding my bike again. alright guys.

#### Video 28

Hey guys whats going on I wish I had.. I mean do have something great to say in my opinion, its been another good day I went all day without smoking cigarettes. Work, it is so stressful sometimes, most of the time in fact, but I just find little things that keep me

busy, as far as my urges and stuff like that go I really don't have to many, I stay away from going outside every now and then I'll go sit outside but I don't smoke anything. Urges and everything like that I'm not really getting to many of them, as far as breathing goes I'm pretty sure I'm doing better. My lungs don't really feel sticky no more, of course I really haven't been not smoking that long its only been maybe a week maybe a little bit longer than that not to much longer though, probably within the last thirty days I might have smoked um a pack of cigarettes in the last thirty days, the last seven or eight days have been great totally managed to keep away from them so um I'm trying to keep it up hopefully I can just put all that stuff behind me quit smoking for good, I'm glad that I did this whole thing, its really been a good experience for me its really helped me out, made me feel like I had to answer to something. I'm happy and glad that I did this so I like I said I'm just gonna keep it up and hopefully I's stay cigarette free, sounds so corny. But hopefully I do its a big issue to me, I started smoking when I was really really young and went of and on until now, hopefully this will be a point and time in my life when I can just really give it up and set an example for my daughter and my nephews who are with me and I really feel like I might be making an impact on my girlfriend because she claims she's gonna stop smoking soon. This experience has been all around her a great deal. I'm really happy, I'm really happy for my self and I'm proud of myself. I'm gonna keep it up and I'm really thankful I had this opportunity and if I really really think about it I did it all on my own, I had the help of this whole little program type thing just something to own up to but other than that you know what I mean i did it all by myself, all on my freewill, I didn't go cold turkey of heard of some people going cold turkey and just stopping all the sudden by themselves but I think I did the way I should have I kinda weened myself off from smoking almost half a pack to smoking one a day to smoking one every other day to just getting off of it and that seemed to work for me, I kinda just weened myself off it. Been going strong for a little over a week, and um hopefully thats that and I can stay away from it. Its nothing good for you I mean...its not good that stuff its crap and I know it so I'm gonna try to stay away from everything and hopefully it will all be good and I can just keep this all up.....alright guys goodnight.

## Video 29

Hey Hello my name is Miguel Campa I'm 22 years old, this will be my first video blog. First and foremost let me just give you a couple of reason why I decided to quit smoking, I have a three year old daughter her name is Mikayla Marie Campa, she is one of my

biggest influences, I really don't her to watch me grow up smoking, you know what I mean. They say kids pick up after their parents so I'm going to try to set an example. Another big reason is I just recently got my two nephews, his name is Robert he's 8, and I got another one, his name is Gabriel he's 4. So I'm going to try to hang tough and keep it up and see if I can stick with it. Day three, today's day, it went pretty decent, this morning I got up and found myself wanting to smoke a cigarette, I smoked a cigarette before I got dressed and took a shower, got the kids up, got them ready for school, I went to work. Work was fine, the most tempting time of my day is usually during my break time, that's when my regular smoking time is so it was ok. Everything is going pretty great um, in the last 5 days I might have smoked a total of 3 cigarettes, 2 cigarettes something like that. I have gone a couple days without smoking at all, then there's some days where I might have smoked a half. At first my girl was kinda, how do you say, she really didn't believe, but she sees that I'm really trying hard, and she told me today that she was pretty proud of me so that made me feel a little happy. It's always good to have your girl or somebody you care about stand by you and support you. I resisted to smoke a cigarette all day today I haven't smoked anything, Yesterday I um like I said earlier I was at a lil party and might have smoked half a cigarette, but I feel like I'm doing pretty good, because the simple fact it's been like a week probably by now and I maybe have smoked 3 cigarettes that's pretty great compared to the 5 to 8 I use to smoke a day. I've cut back so much, and I'm gradually stopping, and I'm happy that she is considering it now.

Everything is going good and I'm just going to stick with it. I'm around smokers all the time at work and at home, and I know just one or two will make me pick back up, so I'm just trying to keep it up and stay away from it all together.

In this last 30 days I might have smoked a pack of cigarettes, this last 7 or 8 days have been going great, I'm totally managed to keep away from them. I can just go ahead and put all of that stuff behind me and quit smoking for good. I did this whole thing, it's really been a good experience for me. It's really helped me out, made me feel like I had to answer to something. I'm happy, I'm glad that I did this. Like I said, I'm just going to keep it up, and hope that I'll stay cigarette free.