

Smoking & Tobacco Cessation



Kicking Butts and Taking Names

Someone who feels supported is more likely to quit smoking for good. That's why friends, loved ones, and even co-workers can play a big part in helping a person become smoke-free. First, sign your name below to pledge to quit tobacco and share why you're ready to kick butts for good! Then, share your pledge with someone close to you who can help hold you accountable and offer support when you encounter cravings or other challenges.

I, _____, promise to not smoke or use any tobacco products now and forevermore.

In addition, I will always try to stay away from secondhand smoke, which is a danger to my health.

I will do my best to encourage people who do smoke or use tobacco products to quit smoking and using tobacco products, and I will do my best to support them as they try to quit.

Signed,

Signature

Date

My Motivation to Quit: _____