

Complete this contract, then sign it:

## QUIT FOR LIFE NO SMOKING CONTRACT

I, \_\_\_\_\_ (*your name*), hereby affirm that I am motivated and committed to quit smoking. Some of the reasons which compel me to quit and support my commitment are:

I have decided that smoking is no longer acceptable for me. Therefore I am making a promise to myself and my family that I will not smoke after my quit date of \_\_\_\_\_. If I find myself tempted to smoke, I promise to call \_\_\_\_\_ for support.

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date