

**On May 31<sup>st</sup>, 2012, I will participate in World No Tobacco Day and pledge to go smoke free the entire day!**

My main reasons for quitting smoking: \_\_\_\_\_  
\_\_\_\_\_

Today, I will call \_\_\_\_\_ to tell him/her that I have signed this pledge for May 31<sup>st</sup>.

Upon signing this contact, I make a commitment to myself to abstain from tobacco on May 31<sup>st</sup>. By doing so, I will assure myself a healthier future, and I will protect the well being of my loved ones and everyone around me who will no longer be exposed to the dangers of secondhand smoke. I know that I am not only motivated, but committed and willing to make the effort to become a nonsmoker.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

