*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**I Support you Contract**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

agree to support \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during his/her quitting process.

I agree to listen and to be positive and understanding.

I agree to support you because I believe in you and I believe in your ability to quit smoking.

I agree to support you by

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_

Source: [www.cpha.ca](http://www.cpha.ca)