

My Quit Contract

When you're ready to stop smoking, you may find a "quit contract" helpful. Signing a contract can make you feel a stronger commitment to quitting. Ask a friend or family member to witness your signing. Be sure to ask someone who believes you can quit.

I, _____, will quit smoking on _____
and will call my support person for help if I slip and smoke again.

My signature: _____

My support person's signature: _____