



# I QUIT CONTRACT

I ..... have decided to stop smoking.

I am going to commit myself to the following actions:

I will stop smoking on .....

- After this date, I will never accept another cigarette.
- I will tell my family, friends and work colleagues of my decision.
- After stopping, I will never buy another cigarette.

.....  
**SIGNED**

.....  
**WITNESS 1**

.....  
**WITNESS 2**

.....  
**WITNESS 3**