

No Smoking Pledge



l,	
promise to not smoke or use an	y tobacco products now
and forever.	
In addition, I will always try to st	ay away from secondhand
smoke, which is a danger to my	health.
I will do my best to encourage p	eople who do smoke or
use tobacco product to quit smoking and using tobacco	
products, and will do my best to	support them as they try
to quit.	
Signed,	
Your Signature	Date