

Contract to Stop Smoking

To _____
[Name of Supporter]

I, _____, have decided to stop smoking.
[Name of Smoker]

I pledge my commitment to doing everything necessary to quit smoking.

I am addicted to nicotine and need your help to become a healthy, addiction-free, person again.

Please sign this contract and agree to support me when I stop smoking on:

[Date]

Your support will greatly assist my recovery from tobacco addiction.

Thanks for your help.

Smoker: _____

Supporter: _____

Witness: _____

Date: _____