

Quitting Smoking Contract

 Do whatever it takes for me not to smoke for the negative department of the negative departme	I,	promise to:
 Ask for help when I need it. Get support from Reward myself for my success by 	•	
Get support from Reward myself for my success by Signature	•	Handle my urges to smoke.
• Reward myself for my success by Signature	•	Ask for help when I need it.
Signature	•	Get support from
Signature		
Signature		
Signature		
Signature	•	Reward myself for my success by
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	Q:	
Date		
	Date	·