

A CONTRACT TO QUIT SMOKING

*I will do all that I can to contribute to improving my health and well being.
To accomplish the commitment to quit smoking, I,*

_____ **Your Name**

_____ **Today's Date**

AGREE TO QUIT SMOKING ON:

_____ **Date**

I want to quit smoking because:

I expect this commitment to myself will yield the following benefits:

I will reward myself after one month without smoking by:

I will reward myself after one year without smoking by:

Calculation of \$ Saved

Number of packs per day _____	(X) Cost of one pack	\$ _____
Total Saved Each Day		\$ _____
Total Saved After 30 Days		\$ _____
Total Saved After 365 Days		\$ _____
Total Saved Yearly (X) Total Number of Years Smoking		\$ _____

YOUR SIGNATURE _____