



HEALTH

A Quit-Smoking Contract to Print, Sign and Share

Fill out this quit contract and keep it where you usually stash your pack (in your car's glove box or in your purse).

"Reviewing the reasons you smoke, the benefits of quitting and ways to avoid your cigarette triggers can help you understand and, ultimately, hopefully kick your habit," explains Michele Levine, Ph.D. associate professor of psychiatry at the University of Pittsburgh Medical Center.

Your Kick-Butt Manifesto

I started smoking because _____, but I want to quit because _____.
Even though I'm afraid _____, I will feel _____ when I successfully give up the habit. I most want to smoke when _____ and _____; instead, I will _____ and _____. I'm most tempted to smoke with _____, but I know I can rely on _____ or call _____ when I need some support.

A horizontal row of five icons on a light blue background. From left to right: a magazine cover with the word 'SELF' on it, an envelope with 'SELF' written on it, a silhouette of a person running, a white apple with a bite taken out of it, and a blue ribbon bow. Below each icon is a text label: 'SUBSCRIBE', 'NEWSLETTERS', 'FITNESS LOGS', 'FOOD LOGS', and 'GIVE SELF AS A GIFT'.