

## No Smoking/Vaping Pledge

I, \_\_\_\_\_, promise to not smoke or use any tobacco products now and forever.

In addition, I will try to stay away from secondhand smoke, which is a danger to my health.

I will do my best to encourage people 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

