



## Great American Smokeout Tobacco-Free Pledge

I, \_\_\_\_\_,  
(print name)

have made the decision to stop smoking or using any other form of tobacco  
on Thursday, November 18, 2010 from the time I wake up until I go to bed  
to celebrate the Great American Smokeout.

Although this is a very difficult choice for me to make,

I know that by going tobacco-free for one day,

I can increase my chances of going tobacco-free permanently in the future.

\_\_\_\_\_  
(signature)



Please share this pledge with a family member or friend  
prior to the Great American Smokeout to demonstrate your determination  
to go tobacco-free and to obtain their support and encouragement.