



## I Pledge to Be Tobacco Free

I understand that tobacco products have health risks and consequences. I choose to say "no" to tobacco and pledge to stay tobacco free. This means I will not smoke cigarettes or use smokeless tobacco because (fill in three reasons why you pledge to stay tobacco free):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

By signing below, I pledge to be tobacco free:

X \_\_\_\_\_

Date \_\_\_\_\_