

## Smoke Free Pledge

The Philadelphia Department of Public Health encourages you to make a pledge to stay tobacco-free and to fight the tobacco epidemic:

### THE PLEDGE

I, \_\_\_\_\_,

have made the decision to stop smoking or use other forms of tobacco.

This is a very difficult choice for me to make,

but I want to live a tobacco-free life for myself,

my family and my friends.

I want to be able to breathe easier,

walk faster and have whiter teeth.

I want to live longer so I can watch my loved ones grow older,

and celebrate special times.

I want to grant my family's wish that I give up tobacco,

but I also have the same wish for myself.

If I mess up and smoke a cigarette or use other tobacco products,

I will start all over again the next day until I get it right.

\_\_\_\_\_  
[Your signature]