

## Contract to Stop Smoking

I \_\_\_\_\_ hereby promise not to smoke again from this session forward.

I am fully responsible for this decision and am aware that my own commitment to this change is of primary importance. To demonstrate my commitment to stop smoking I will deposit \$10.00 with the instructor of this program which will be returned to me in one month if I am still a non-smoker.

Date: \_\_\_\_\_ Signed: \_\_\_\_\_

(Signature)

Co-Signed: \_\_\_\_\_

(Program Instructor)