



My Quit Smoking Contract

Set Your Goal

Now it's your turn to set a goal. If you're ready to quit smoking for good, make this your goal. Otherwise, you can start with a smaller change, such as limiting the amount you smoke each day. In any case, your goal should move you closer to the big goal of quitting. List the specific goal you'd like to achieve.

Prepare to Act

Once you've decided to make a change, it's best to set a start date. Choose one that's coming up soon. You might want to pick a day that's very normal. Then think about telling the people in your life. That way, they'll understand (and support!) your new actions. Also, be clear that meeting your goal will take time, attention, and support.

I will take action toward my goal starting on:

I picked this day because:

I will tell these people about the change I'm making and suggest how they can support me:

Here are a few things I will do to make quitting smoking a priority in my life:

Adapted from the Diabetes Go-To Guide created by Krames in collaboration with the American Diabetes Association.

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