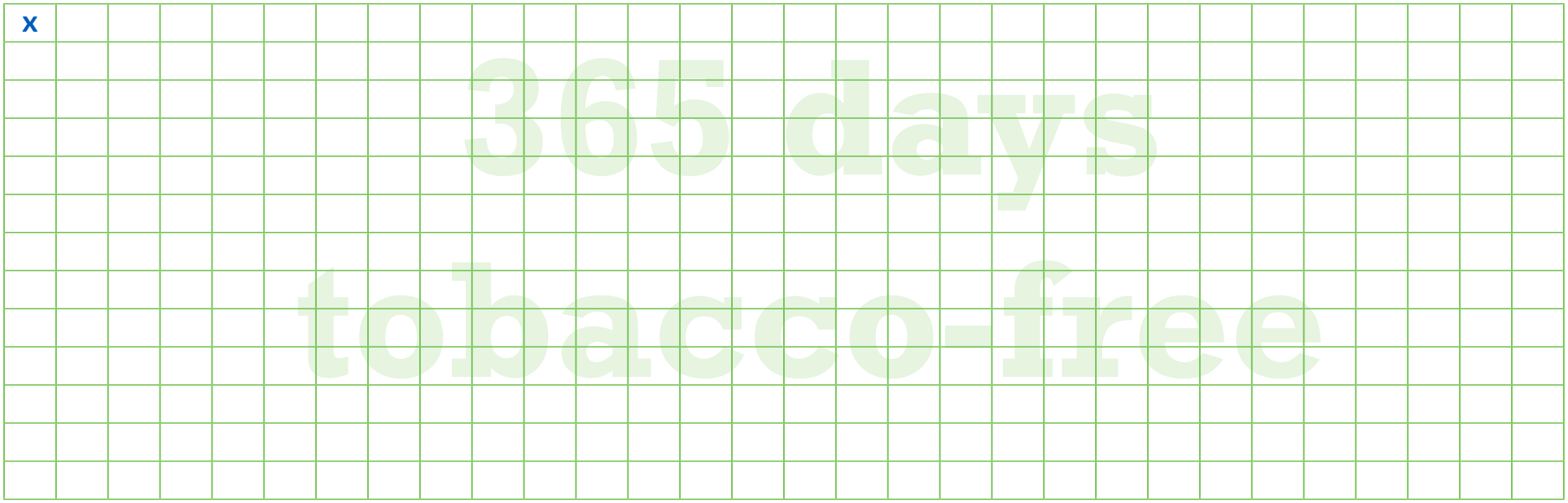
Take the pledge to live tobacco-free

My name is _____ , and I pledge to stay tobacco-free in 2019.

My reasons for quitting are: _____

Mark an X for every day you don't use tobacco. Don't give up, even if you slip up!
It can take 8-10 tries to quit for good.



TEXAS Health and Human Services | Texas Department of State Health Services

Need help quitting?
visit www.yesquit.com