

Tobacco Free Contract

Steps For Goal Setting:

1. My goal is to _____ by
(i.e., cut back by 5 cigarettes a day or fully stop smoking)
_____. (Date)

2. Each goal must be **SMART**:

- **Specific:**
 - Who, what, when, where and why?
- **Measurable:**
 - How will I know when I am done?
- **Achievable:**
 - Do I have the resources needed to achieve this goal?
- **Realistic:**
 - How does this goal fit into my life now?
- **Timely:**
 - When will I accomplish my goal?

3. Choose up to three ways to reach your goal.

I will reach my goal by:

1. _____

2. _____

3. _____

I understand that it is very important for me to quit smoking, cut back or make positive changes to work toward my goal. I am signing this contract as a symbol of my personal commitment to try to be tobacco free.

Signatures

My signature: _____

Date: _____

Witness: _____

Date: _____