



Tobacco-Free Pledge

Please initial and sign where indicated.

_____ I will have a strong heart and healthy lungs.

_____ I will run fast and far.

_____ I will make decisions that are for the good of my health.

_____ I will make the choice to say, "No, thank you."

_____ I want these things for me and I pledge to be Tobacco-Free!

Name _____

I Pledge to Be Tobacco-Free!

(Signature) _____

Date _____