

Hello. I have made the choice to quit using tobacco for my health.

Please help me to reach my goal by following these 3 rules:

1. Do not smoke or use tobacco around me (including in my house, workplace, riding in the car with me).
2. Don't judge, nag, preach, tease or scold me. OR Do help me celebrate along the way!
3. When I ask for support and encouragement, please try your best to give it to me. This could be helping me with an activity that I want to do instead of smoking or to let me know when I am doing a good job of not using tobacco products.

*Thank you!*



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