

DECLARATION OF COMMITMENT



THIS TIME, IT'S FOR GOOD

I, _____, commit to stop smoking
for 6 weeks (42 days), from February 5 to March 18, 2018.







To succeed in my *Challenge*, I will regularly remind myself of my MOTIVATIONS
and I will use the free SUPPORT as much as I need to. I want to become an EX.

Signature _____ Date _____

MY MOTIVATIONS

- ☐ Being in better health
- ☐ Having more energy
- ☐ Being in better shape/less out of breath
- ☐ Feeling free
- ☐ Saving money
- ☐ Seeing my children and grandchildren grow up
- ☐ No longer smelling of smoke (breath, clothes, hair, etc.)
- ☐ Other(s): _____

MY SUPPORT

-  A personal profile at quitchallenge.ca
-  The Facebook **community**
-  The **SOS Challenge** app
-  The Jean Coutu **Quit Kit**
-  The iQuitnow helpline:
1 866 527-7383
-  **Quit Smoking Centres**
- ☐ Other(s): _____