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2015 Great American Smokeout

Quit Like a Champion

Pledge

Pick a Quit Date When it comes to choosing a quit date, sooner is better than later. Many smokers choose a date within two weeks to quit smoking. This will give you enough time to prepare. Really think about your quit date. Avoid choosing a quit day when you know you will be busy, stressed, or tempted to smoke (e.g., a night out with friends or days where you may smoke at work). The Great American Smokeout is on **Thursday, November 19th,** so you may choose that date and quit along with others.

Tell all your friends and family about your pledge to quit for a day!

I, _____, pledge to:

☐ **Be tobacco-free for a day on:_____.**

☐ **Be tobacco-free for 30 days beginning on:_____.**

☐ **Cut down to < 5 cigarettes a day for 30 days beginning on:**

_____.

For additional information on quit resources and incentives, please contact Employee Wellness at 724-8114.