

# The Butt Stops Here Contract

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Today \_\_\_\_\_ is my quit day.  
(today's date)

I, \_\_\_\_\_ am committed to quitting smoking.  
(your name here)

For me, smoking is no longer an option. I am making a promise to myself  
and this group that I will not smoke after my quit day.

THE BUTT STOPS HERE!

If I am tempted to smoke, I will call a friend, use the tools in this workbook or  
listen to the CD/tape.

\_\_\_\_\_  
Your signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness signature

\_\_\_\_\_  
Date

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# THE BUTT STOPS HERE