

Because I care about the health of \_\_\_\_\_,

I hereby pledge to try to quit using tobacco in any form for the next \_\_\_\_\_

days/weeks.

My personal goal for the "I Quit" Challenge will be \_\_\_\_\_

\_\_\_\_\_

*North Carolina*  
**HEALTH**  
*Smart*

Signature \_\_\_\_\_

Date \_\_\_\_\_

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