

CONTRACT FOR NOT SMOKING

I, _____
have decided to stop smoking on this
date _____.

*I am doing this for my health
and for the health of my baby.*

Check off your reasons for quitting:

_____ I want to give my baby a
healthier life.

_____ I want a better chance of having a
normal size baby.

_____ I want to cut down the risk of
having . . .

my baby born too soon
a sick baby
a stillborn baby
a miscarriage
bleeding during pregnancy
morning sickness

_____ I want to cut down my baby's risk of
having . . .

health problems during his/her
first year of life.

ear infections during his/ her
first year of life.

_____ I want to cut down my chances of
getting cancer, heart disease,
and lung disease.

_____ I want to have more energy.

_____ I want to make my breath and
hair smell nicer.

_____ I want to delay getting wrinkles.

_____ I want to have more money to
spend on me and my baby.

