



ALLY PLEDGE

Note: All teams may have at least 50 pledges on file to receive the highest score allowed. No age limit.

Community: _____

Ally Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Sign either A or B below:

A. As part of my community's Cold Turkey Challenge, I hereby promise to not smoke or use any tobacco products now and forever. In addition, I will always try to stay away from secondhand smoke, which is a danger to my health. I will do my best to encourage people who do smoke or use tobacco products to cease using tobacco products, and will do my best to support them as they try to quit.

Signed, _____

B. I am a smoker, chewer or vaper, and although I am not able to quit right now, I do realize that tobacco products are not good for my health, and as part of my community's Cold Turkey Challenge, I hereby promise to do my best to encourage people who do smoke, chew or vape, or otherwise use tobacco products to cease using tobacco products, and will do my best to support them as they try to quit.

Signed, _____

Date: _____ Signature: _____

Printed Name of Participant: _____