

Declaration

By signing this form, I am making a commitment to change my lifestyle and to stop smoking. This decision is purely my own decision. I confirm I have not been coerced by _____ or any of their representatives into making the necessary life style changes to change my life and become a non-smoker forever.

Agreement

I '_____' understand that I am taking part in smoking cessation sessions voluntarily, I have not been coerced in anyway and I am fully committed to achieving my goal.

Name: _____

Signed: _____

Date: _____