

No Menthol Sunday Abstinence Pledge

In observance of
No Menthol Sunday
on May 17, 2020

I do hereby resolve to protect my health, the health of my
family, and the health of my community
by pledging to
abstain from tobacco products for:

_____ 24 hours

_____ 3 days

_____ Forever! I'm quitting for good!

By taking this pledge, I hope to stand as a model to my family and my faith
community.

Print Name

Signature

Date