

# LIVESMART



## DESIGNED TO HELP YOU BECOME TOBACCO FREE

1. LIVE TOBACCO FREE is designed to assist you in creating your plan to quit tobacco
2. Enroll at your workplace with your Ambassador or contact LIVESMART
3. A LIVESMART Health Coach will work with you to create your plan to quit tobacco

## — My Pledge —

I, \_\_\_\_\_ commit to participating in the LIVE TOBACCO FREE campaign.

By signing this pledge, I understand:

- ☐ Tobacco is harmful in any form and thereby commit to a healthier life for me, my family and my friends.
- ☐ I will connect with a LIVESMART Health Coach who will assist me in developing my quit plan and support me through follow up coaching sessions (4-6 sessions throughout the year).

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

COMPANY \_\_\_\_\_ LOCATION \_\_\_\_\_

DATE \_\_\_\_\_ EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

To begin, please submit a copy of this pledge form to your ambassador  
or register online at [www.livesmartoni.com](http://www.livesmartoni.com)

email: [livesmart@onealind.com](mailto:livesmart@onealind.com) | fax: 205.978.3760 | [www.livesmartoni.com](http://www.livesmartoni.com)