

My Promise

For myself and my family, it is important for me to get a Pap test. I will:

- Think about getting a Pap test.
- Talk to my husband/boyfriend, a friend, a relative, or the *promotora* about getting a Pap test.
- Use the *resource sheet* to help me get a Pap test.
- Make an appointment to get a Pap test.
- Find someone to watch my children (grandchildren).
- Find a way to get to my appointment.
- Go for a Pap test.
- _____

**I promise, to myself and to my family,
to take these steps by _____.**

date

Signed by: _____

signature