#### WHAT’S GOING UP IN SMOKE FOR YOU?

For many people the idea of saving money can be a strong motivator for quitting smoking. You may or may not have yet stopped to think about how much you’ve spent on cigarettes since you started smoking, but it is likely that you’ve already spent more than you intended to.

**Get out your calculator and figure what it costs you to buy cigarettes.**

What does a pack cost you? $\_\_\_\_\_\_\_\_\_ (#1)

How many packs do you smoke per day: \_\_\_\_\_\_\_\_\_ (#2)

**Your daily cost of smoking cigarettes (#1 x #2)** = $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (#3)

Using this figure fill in the following table and calculate the amount of money you would save if you quit and in the space below write in what you could buy with your savings.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cost/Day #3** | **1 month**  **#3 x 30** | **1 Year**  **#3 x 365** | **5 Years**  **#3 x 1825** | **10 Years**  **#3 x 3650** | **20 Years**  **#3 x 7300** | **30 years**  **#3 x 10,950** |
|  |  |  |  |  |  |  |



###### HOW MUCH WOULD YOU SAVE IF YOU QUIT SMOKING CIGARETTES?

#### AND HOW WOULD YOU SPEND YOUR SAVINGS?

**If I Quit for 1 Month,** I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I Quit for 3 Months**, I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I Quit for 1 Year**, I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I Quit for 5 Years**, I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I Quit for 10 Years**, I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I Quit for 20 Years**, I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I Quit for 30 Years**, I Would Save $ \_\_\_\_\_\_\_ and I could buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_