

Cost of smoking?

If you smoke one pack of cigarettes a day, and the cost of your pack is \$5.50, you will spend \$38.50 on cigarettes in one week, \$165 in one month, and \$2,007.50 in one year. If money motivates you, this is a great start to saving, and start spending it on rewards for yourself for being smoke free. See the chart below.

	<u>1 pack</u>	<u>1.5 pack</u>	<u>2 pack</u>	<u>2.5 pack</u>
1 Day	\$5.50	\$8.25	\$11	\$13.75
1 Week	\$38.50	\$57.75	\$77	\$96.25
1 Month	\$165	\$247.50	\$330	\$412.50
1 Year	\$2,007.50	\$3,011.25	\$4,015	\$5,018.75
10 Years	\$20,075	\$30,112.50	\$40,150	\$50,187.50
20 Years	\$40,150	\$60,225	\$80,300	\$100,375
30 Years	\$60,225	\$90,337.50	\$120,450	\$150,562.50
40 Years	\$80,300	\$120,450	\$160,600	\$200,750

Do the math...

$$\begin{array}{ccccccc}
 \$ & \underline{\hspace{2cm}} & \times & \underline{\hspace{2cm}} & \times & 365 \text{ (days in one year)} & = & \underline{\hspace{2cm}} \\
 & \text{(cost of one pack)} & & \text{(number of packs per day)} & & & &
 \end{array}$$

I will save \$_____ each year of my new smoke-free life.

What else could you do with that money?

Examples: hobbies, weekend trips, vacations, movies, cd's, clothes, investments, etc.

Add your own ideas: _____