

Name: _____ Date: _____

The Cost of Smoking

Living a smoke free life is great for your health. It's better for your lungs and the lungs of your children. There are other great reasons to quit smoking too. One of those reasons is money.

- In Indiana, a pack of cigarettes costs about \$6
- Smoking one pack a day costs \$42 a week, \$180 a month, and \$2,190 a year
- That's \$10,950 in five years!
- What could you do with that much extra money?

Now, plan how much of your money could be spent on your goals instead of smoking.

First, find the number of packs you smoke daily.

Pack	Day	Week	Month	Year
1/2	\$3	\$21	\$90	\$1,095
1	\$6	\$42	\$180	\$2,190
2	\$12	\$84	\$360	\$4,380
3	\$18	\$126	\$540	\$6,570

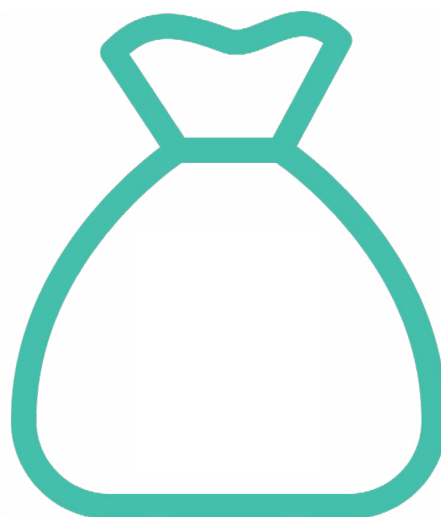
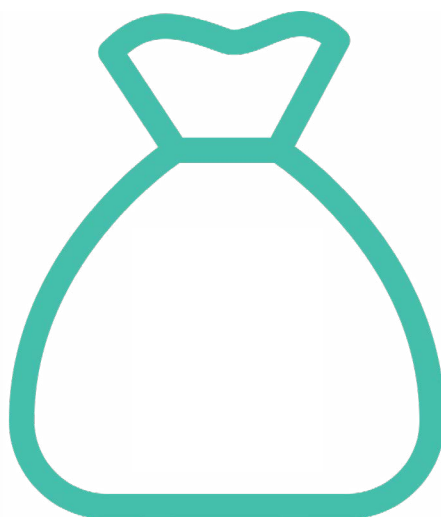
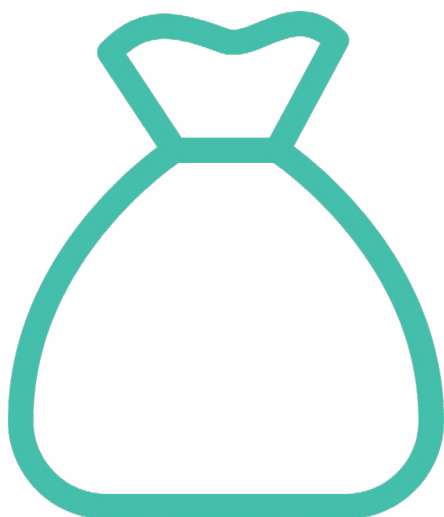
Then, follow the row across and circle the yearly cost.



Decide to have a smoke free life and put your money to good use!



Write or draw something you would buy with the money you saved if you quit smoking.



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.