



The High Cost of Smoking

We all know smoking is bad for our health. But did you know it is bad for your wallet too?

The average price for one pack of cigarettes is about \$6.28. You can figure out how much you are spending on cigarettes each month and year.

If you smoke this many cigarettes in 1 day	This is how much you spend in 1 month	This is how much you spend in 1 year
5	\$47	\$564
10	\$94	\$1,128
15	\$141	\$1,692
20	\$188	\$2,256

How much do you spend?

Use the table above to figure out how much money you are spending on cigarettes. Does your spouse or partner smoke too? How much are the two of you spending? Write it down.

I/we spend \$ _____ a month on cigarettes.

That's \$ _____ a year!

What else would that money buy?

By quitting, you can use the money you save on cigarettes to pay your phone bill, buy groceries, or put gas in your car. You can also use some of the money for a special treat like new clothes or furniture for your home.

List three ways you would spend this money if you were not buying cigarettes.

1. _____

2. _____

3. _____

Sources: SmokeFree.gov