



STAYING HEALTHY

My Quitting Savings

Have you ever thought about how much money you could save if you were not spending it on tobacco?

Based on how much you use and spend per pack, make a list of what you could do with the money you will save in both the short and long-term if you quit tobacco use.



First, list how much you spend each week on tobacco:

Amount of money I usually spend on one pack: _____

Amount of packs I usually buy in one week: _____

Multiply the above numbers to get your average weekly cost of tobacco use: _____

Next, list how much you can save:

In a week, I will save _____. I can use my savings to purchase _____.

In a month, I will save _____. I can use my savings to purchase _____.

In a year, I will save _____. I can use my savings to purchase _____.

In 10 years, I will save _____. I can use my savings to purchase _____.

In 20 years, I will save _____. I can use my savings to purchase _____.

For more information, visit optimahealth.com/quitsmoking

