

My Quitting Savings



Have you ever thought about how much money you could save if you weren't spending it on tobacco?

Based on how much you use or spend per pack, make a list of what you could do with the money you will save in both the short term 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 each pack: _____

Amount of packs I usually buy in one week: _____

Multiply the above number to get the average weekly cost of tobacco cost: _____

Next, list how much can you 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:
sentarahealthplans.com/quitsmoking



You can also scan this code with your smartphone camera or QR code reader app.