

# 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 to get your average weekly cost of tobacco use: \_\_\_\_\_

### 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 \_\_\_\_\_.



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