

The Cost of Tobacco



Have you ever thought about how much money you spend on tobacco? If you are a smoker, below is a way you can figure out how much money you spend on cigarettes or other tobacco products:

How much does one pack of cigarettes cost? _____

Multiply this by the number of packs you smoke each week:

Price of one pack: _____ x Number of packs you smoke
each week: _____ = _____ amount of money you
spend each week.

Take the amount of money you spend each week and multiply that by 4.

Money spent each week _____ x 4 = _____

This answer is the amount of money you spend each month on cigarettes.

Take a good look at the amount of money you spend on cigarettes.

1. What else could you do with that money?
2. What could you buy instead of cigarettes or tobacco?
3. Are you willing to reduce your daily tobacco use in order to save some of that money for other things?

Yes **No** **Unsure**