

Calculation Sheets

Money saved

Cost may be a reason to quit. Do you know how much you spend on your habit? Fill in the lines and do the math. See what you could save by being tobacco free!

		Example
Number of packs/tins/cigars/device used each day	_____	1 pack
Cost per pack/tin/cigars/device	\$_____	\$8.50
Multiply for total cost per day	\$_____	\$8.50
Multiply by days per week	_____	x 7 days
Total cost per week	\$_____	\$59.50
Multiply by 52 weeks a year	_____	x 52 weeks
Total cost per year	\$_____	\$3,094

What could you do with all this money?

You could also spend less on cleaning and insurance premiums. Can you think of other hidden costs you could reduce or avoid?

Resources to help you quit

(800) QUIT NOW (784-8669)

Gundersen Health System tobacco cessation programs

(800) 362-9567 ext 55442

email: wellness@gundersenhealth.org

gundersenhealth.org/wellness

Wisconsin Tobacco Control

tobwis.org

UW-Center for Tobacco Research and Intervention

ctri.wisc.edu

USPHS Guideline and materials

Surgeongeneral.gov/tobacco

Smokefree.gov

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