

## Smoking is expensive!

The money you spend goes to the Tobacco Industry.  
If you smoke a pack a day,  
you can spend more than \$4000/year on cigarettes.

Figure out how much smoking costs you annually...

### Do the Math!

\_\_\_\_\_ packs/week X \$ \_\_\_\_\_/pack X 52 =

List ideas of things you could do with that money:



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### Decisional Balance Sheet

	Good	Not-So-Good
Smoking		
Quitting		

The shaded areas are your triggers, while the white areas are your motivators for quitting.