

# “UP IN SMOKE”

Use this easy worksheet to figure out how much money smoking will cost you, over your lifetime, if you continue to smoke.

## WHAT YOU’VE ALREADY SPENT:

- Write the number of packs of cigarettes you smoke per day ..... \_\_\_\_\_
- Multiply by 365 (days in a year) ..... \_\_\_\_\_
- Multiply by the number of years you’ve smoked ..... \_\_\_\_\_
- Multiply by \$1.50 (the average cost of a pack of cigarettes over the last 25 years)..... \_\_\_\_\_

This is how much you’ve already spent on cigarettes! .....

## WHAT YOU’LL SPEND ON CIGARETTES IN THE FUTURE IF YOU CONTINUE TO SMOKE:

- Subtract your current age from 75 (the average life expectancy) and write the result ..... \_\_\_\_\_
- Multiply by 365..... \_\_\_\_\_
- Multiply by how many packs of cigarettes you smoke per day ..... \_\_\_\_\_
- Multiply by \$4.00 (the predicted average future cost of a pack of cigarettes) ..... \_\_\_\_\_

This is how much you are likely to spend on cigarettes for the rest of your life, if you continue to smoke at the rate that you do now!.....

Add the two boxed numbers together to get your “lifetime dollar cost” of smoking .....

*Now think of the wonderful things you could do with that money, instead of just sending it “up in smoke”!*

*You’re in the process of thinking about quitting smoking. When you are ready to quit, please return to the pharmacy where you received this information. Our pharmacists have been trained and certified by the University of Pittsburgh National Smoking Cessation Certification Program. They have information packets designed to give you specific answers to all your smoking cessation questions. In addition, they will be able to advise you on nicotine replacement products, teach you effective ways to deal with temptations, and give you the support you need to be successful in quitting smoking.*