

## How much does smoking actually cost you?

How much do you spend on your smoking habit in a week? How about a month? In a year?  
How much would you save over the next five years if you stopped smoking today?

Putting aside the health and other benefits of stopping today, have you ever considered how much money you spend on smoking?

Now what you spend your money on is up to you. However, if you quit today, what would you rather spend all the money you now save on buying or doing instead? Maybe you could go on more holidays, move house or get an extension, a new car, support your family or pursue a hobby or interest.

	£ IF CONTINUE SMOKING	WHAT WOULD I RATHER SPEND IT ON?
Cost per day of smoking		
Cost per week of smoking (cost per day x 7)		
Cost per month of smoking (cost per week x 4)		
Cost per year of smoking (cost per month x 12)		
Cost over next 5 years of smoking		

(cost per year x 5)		
Cost over next 10 years of smoking  (cost per year x 10)		
Cost over next 15 years of smoking  (cost per year x 15)		

And I'm guessing you probably didn't allow for the impact of increased taxes and duty on cigarettes when you worked out these figures!

What you spend your money on is entirely up to you, but knowing you have the choice to stop or quit, how would you prefer to be using your money?