

The Financial Benefits of Quitting

Based on \$7.37 per pack

Packs per Day	Cost each Day*	Cost each Week	Cost each Month	Cost each Year
½ pack	\$3.69	\$25.83	\$110.70	\$1346.85
1 pack	\$7.37	\$51.59	\$221.10	\$2690.05
1 ½ packs	\$11.06	\$77.42	\$331.80	\$4036.90
2 packs	\$14.74	\$103.18	\$442.20	\$5380.10
2 ½ packs	\$18.43	\$129.01	\$552.90	\$6726.95
3 packs	\$22.11	\$154.77	\$663.30	\$8070.15

* <http://fairreporters.net/health/prices-of-cigarettes-by-state/>

With the money I save, my plan for rewarding myself is:

MaineHealth
Center for Tobacco
Independence