

The Financial Benefits of Quitting

Based on \$7.37 per pack (State of Maine)

| 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/](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