

AFTER YOUR QUIT DATE:


CALCULATE YOUR SUCCESS



Add Up Your Successes!

Remember, anytime you get past an urge to smoke, count that as a success. That's something you can be really proud of. You can do this exercise at the **end of your first week** of not smoking. That way you can see how much money and time you could be saving by not buying and smoking cigarettes.


Calculate Your Money Saved by not buying cigarettes this week.

Number of packs you would have smoked this week _____	Cost per pack \$ _____
 \times Amount of money saved this week \$ _____	

How will you use the money you save by not buying cigarettes?

Calculate Your Time Saved

by not smoking cigarettes this week.

Number of cigarettes you would have smoked today: <hr/>	×	5 minutes*	×	7 days
<hr/>				
	= Number of minutes saved this week <hr/>			

*Based on the average time it takes to smoke a cigarette.

How will you use the time you save by not smoking cigarettes?
