

Commercial Tobacco Cost Analysis

- **Column 1: Participant's Info** – where you fill in your own data.
- **Column 2: Actual Calculation (Estimated)** – using the \$25 per pack price.

Commercial Tobacco Example Layout:

Item	Participant's Info (To Fill In)	Cost Calculation (Estimated) as per buying from the corner store on, February 14, 2025. See example calculation below chart.
Cigarettes Smoked Per Day	_____	(example: 1 pack)
Price per Pack (Including Taxes)	_____	(example: \$25.00)
Cigarettes Per Pack	_____	(example: 20per pack)
Total Cigarettes Smoked Per Year	_____	(Calculation based on "Cigarettes Smoked Per Day" x 365)
Total Cost Per Year	_____	(Calculation based on "Total Cigarettes Smoked Per Year" ÷ "Cigarettes Per Pack" x "Price per Pack")
Total Cost Per Month	_____	(Total Cost Per Year ÷ 12)

Example Calculation (Using \$25 per Pack):

- Cigarettes Smoked per Day = 1 pack
- Price per Pack = \$25.00
- Cigarettes per Pack = 20

For Total Cigarettes Smoked per Year:

- 1 pack/day × 365 days = 365 packs/year

For Total Cost per Year:

- 365 packs/year × \$25.00/pack = **\$9,125 per year**

For Total Cost per Month:

- \$9,125 ÷ 12 months = **\$760.42 per month**

Envision this: By stopping smoking, you could save **\$9,125** in just one year—money that could go toward things that truly benefit your health and future, like a healthier lifestyle, paying off debt, or saving for something you've always wanted.

That's about **\$760.42 per month**, or **\$25 per day**—money you'll put back in your pocket each day you stay tobacco-free. Think of what you could do with those savings: a vacation, reducing bills, or investing in your well-being. The financial freedom, on top of the health benefits, can be a powerful motivator!

