



**How much cash  
will you save if you  
stop smoking?**

[quit.org.au](https://quit.org.au)



 **Quitline 13 7848**

# Quit for cash

You could have  
an extra:

**\$190**  
a week



New clothes



Looking after  
your pets



Groceries for the  
household

**\$820**  
a month



New sport  
or hobby



A weekend away



A tablet or  
smartphone

**\$10,000**  
a year



A second-hand car



Enrol in a course



Rent or mortgage

**Based on the cost of smoking 15 cigarettes per day.**