

**MY COST–BENEFIT ANALYSIS**

**The substance or activity to consider is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Using or Doing**  Label each item short-term (ST) or long-term (LT) | |
| **Benefits** (rewards and advantages) | **Costs** (risks and disadvantages) |
|  |  |
| **Not Using or Doing**  Label each item short-term (ST) or long-term (LT) | |
| **Benefits** (rewards and advantages) | **Costs** (risks and disadvantages) |
|  |  |