

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)