Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Health Period: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Time and Money Lost**

Each time smokers light up, they shorten their lives, on average, by seven minutes.

* How many minutes of life does a pack-a-day smoker lose each day; in a week; in a year?
* How much does a pack of cigarettes cost in your state?

According to a [2011 Daily Finance article](http://www.dailyfinance.com/2011/06/22/do-smokers-know-how-they-much-spend-on-cigarettes/), the average smoker smokes 13 to 16 cigarettes a day, or four to six packs a week. What would the cost be per week, per month and per year?

List 3 things that you could spend that money on other than cigarettes.

1. A person smokes a pack a day (20 cigarettes in a pack)
   1. How many minutes will a person lose in a day? \_\_\_\_\_\_\_\_\_\_\_\_\_
   2. How many minutes will a person lose in a week? \_\_\_\_\_\_\_\_\_\_\_\_\_
   3. How many minutes will a person lose in a year? \_\_\_\_\_\_\_\_\_\_\_\_\_
   4. How many minutes will a person lose in 5 years? \_\_\_\_\_\_\_\_\_\_\_\_\_
2. What does a pack of cigarettes cost in NC? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. If a person smoke a pack a day, how much money would they spend in
      1. A day: \_\_\_\_\_\_\_\_\_\_\_\_\_
      2. A week: \_\_\_\_\_\_\_\_\_\_\_\_
      3. A year: \_\_\_\_\_\_\_\_\_\_\_\_\_
      4. In 5 years: \_\_\_\_\_\_\_\_\_\_\_
3. List 3 things that you could spend that money on other than cigarettes.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_