

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, 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)
 - a. How many minutes will a person lose in a day? _____
 - b. How many minutes will a person lose in a week?

 - c. How many minutes will a person lose in a year? _____
 - d. How many minutes will a person lose in 5 years?

2. What does a pack of cigarettes cost in NC? _____
 - a. If a person smoke a pack a day, how much money would they spend in
 - i. A day: _____
 - ii. A week: _____
 - iii. A year: _____
 - iv. In 5 years: _____
3. List 3 things that you could spend that money on other than cigarettes.
 - a. _____

 - b. _____

 - c. _____
