



Cigarette Time/Cost Calculator

How Much Are Cigarettes *Really* Costing You?

Not only does smoking affect your health and the health of those around you, but it takes up a lot of time and costs a lot of money, too. It may surprise you how much money you can save by quitting. See the charts below to figure out how much you can save when you quit smoking.

Amount of Money You Save							
Number of Packs a Day	1 Day*	1 Month (30 days)	3 Months	6 Months	1 Year (365 days)	3 Years	5 Years
½	\$2.86	\$85.65	\$256.95	\$513.90	\$1043.90	\$3131.70	\$5219.50
1	\$5.71	\$171.30	\$513.90	\$1027.80	\$2084.15	\$6252.45	\$10,420.75
1½	\$8.57	\$257.10	\$771.30	\$1542.60	\$3128.05	\$9384.15	\$15,640.25
2	\$11.42	\$342.60	\$1027.80	\$2055.60	\$4168.30	\$12,504.90	\$20,841.50
3	\$17.13	\$513.90	\$1541.70	\$3083.40	\$6252.45	\$18,757.35	\$31,262.25
4	\$22.84	\$685.20	\$2055.60	\$4111.20	\$8336.60	\$25,009.80	\$41,683.00

*Estimates based on an average of \$5.71 per pack of cigarettes.^{1,2} Does not include interest income from investing the savings.

Amount of Time (hours) You Save							
Number of Packs a Day	1 Day†	1 Month (30 days)	3 Months	6 Months	1 Year	3 Years	5 Years
½	1	30	90	180	360	1080	1800
1	2	60	180	360	720	2160	3600
1½	3	90	270	540	1080	3240	5400
2	4	120	360	720	1440	4320	7200
3	6	180	540	1080	2160	6480	10,800
4	8	240	720	1440	2880	8640	14,400

†Estimates based on an average time to smoke a cigarette of 6 minutes and 20 cigarettes in a pack.³



What Will You Do With the Money and Time You Save?

How much money will you save in a year by quitting smoking? (See top chart on other side.)

What will you do with the money you save in a year? Pay bills? Buy new clothes? Take a vacation? Make a down payment on a new car?

How much time do you spend each day smoking and doing nothing else? (See bottom chart on other side.)

What will you do with the extra time each day? Exercise? Fix something in the house? Garden? Sleep longer?

References:

1. Centers for Disease Control and Prevention. State-specific prevalence and trends in adult cigarette smoking — United States, 1998–2007. *MMWR Morb Mortal Wkly Rep.* 2009;58(9):221-226.
2. Orzechowski W, Walker RC. *The Tax Burden on Tobacco: Historical Compilation.* Vol 43. Arlington, VA; 2008.
3. American Cancer Society. Craving a smoke? Take a walk instead. https://www.cancer.org/docroot/NWS/content/NWS_1_1x_Craving_a_Smoke_Take_a_Walk.asp. Accessed March 24, 2008.