## Time is Money!

Take a look at how much extra free time you are going to have this week. Our patients have reported to us that one of the hardest things during their "Just Stop Smoking" week is all the extra time they have. Please plan ahead and make a list of things you are going to do with your time.

Chart is based on spending 5 minutes per cigarette. Please allow for more free time if you are used to taking a longer time to smoke.

| Cigarettes Per Day | Day | Week | Approx hours/mo | Approx hrs/year |
| :---: | :--- | :--- | :--- | :--- |
| $\mathbf{5}$ | 25 min | 2 hrs 55 min | $121 / 2 \mathrm{hrs}$ | $150 \mathrm{hrs}=6$ days |
| $\mathbf{1 0}$ | 50 min | 5 hrs 50 min | 25 hrs | $300 \mathrm{hrs}=13$ days |
| $\mathbf{2 0}$ | $1 \mathbf{\mathrm { hrs } 4 0 \mathrm { min }}$ | 11 hrs 40 min | 50 hrs | $600 \mathrm{hrs}=25$ days |
| $\mathbf{3 0}$ | 2 hrs 30 min | 17 hrs 30 min | 75 hrs | $900 \mathrm{hrs}=38$ days |
| $\mathbf{4 0}$ | 3 hrs 20 min | 23 hrs 20 min | 100 hrs | $1200 \mathrm{hrs}=50$ days |
| $\mathbf{6 0}$ | 5 hrs | 35 hrs | 150 hrs | $1800 \mathrm{hrs}=75$ days |

To Do List:
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