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
5	25 min	2 hrs 55 min	12 ½ hrs	150 hrs = 6 days
10	50 min	5 hrs 50 min	25 hrs	300 hrs = 13 days
20	1 hrs 40 min	11 hrs 40 min	50 hrs	600 hrs = 25 days
30	2 hrs 30 min	17 hrs 30 min	75 hrs	900 hrs = 38 days
40	3 hrs 20 min	23 hrs 20 min	100 hrs	1200 hrs = 50 days
60	5 hrs	35 hrs	150 hrs	1800 hrs = 75 days

To Do List: