

# Tobacco: Calculating the Costs

Smoking cigarettes is not only harmful to one's health. It also drains one's wallet. Complete the worksheet below to find out more.

**A** The national average cost of a pack of cigarettes today is roughly \$6.00. Complete the chart below to see how much money would be spent on cigarettes over time. Assume that one pack of cigarettes is purchased each day.

Time Period*	Cigarette Cost
1 Day	
1 Week	
1 Month (30 days)	
1 Year	
5 Years	
10 Years	

\*Excluding leap days.



**B** Research the costs of some of your favorite items or activities, such as a video game, a movie ticket, or a bag of popcorn at the movies. Choose five of them and calculate how many of each item or activity a person could pay for if they stopped buying cigarettes for one year.

Favorite Item or Activity	Unit Cost	How Many Could Be Bought?
1)		
2)		
3)		
4)		
5)		

**C** How could you use this information to help convince someone not to smoke?

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