Quit Smoking

Quit Smoking Calculation

Do you know exactly how much you have smoked in your lifetime of smoking?

It's a filthy disgusting habit that is not only harmful to you and your own health, but others who do not smoke.

It's seen as being very anti-social, people huddled together outside of buidlings, in the cold and lashing rain or snow and yes there are sunny days too.

Lets calculate how much you have smoked in your lifetime.

Cigarettess per day _____ x 365 = _____ x _____ years smoked =

_____ cigarettes smoked in your lifetime

How many minutes on average does it take you to smoke a cigraette? _____

Cigarettes smoked _____ x _____ minutes per cigarette = _____ minutes of your life

Minutes of life _____ /60 minutes in an hour = _____
number of hours of your non stop smoking

Lets divide the number of hours you have smoked by 12.
Twelve because you are asleep for some of that time and are going about your day for the rest of it smoke free.

Number of hours _____ / 12 hours =_____

You smoked solidly for _____days /365 = _____ years.

You smoked 12 hours per day, lighting a cigarette every day every _____ minutes per day solidly for _____years of your life!

That is absolutely NUTS!

You are intentionally poisoning yourself!

What an absolute waste of time, money, health and your life.

What way does that make you feel?

Are you ready to quit smoking?

Lets calculate how much you have smoked in your lifetime.

Jim smokes 60 cigarettes a day and has smoked for the last 15 years. He doesn't like how cigarettes have control over him. He hates having to be dependent on them and doesn't even like smoking anymore.

Example

Cigarettes per day 60 x 365 days in a year = 21900 x 15 years smoked = 328500 cigarettes smoked.

How many minutes on average does it take you to smoke a cigraette? 3.

Cigs smoked 328500   x 3 minutes per cigarette =   985500 minutes of your life.

Minutes of life 985500 / 60 minutes in an hour   = 16425 number of hours non stop smoking.

Lets divide the number of hours you have smoked by 12.
Twelve because you are asleep for some of that time and are going about your day for the rest of it smoke free.

Number of hours 16425 / 12 hours   = 1369

You smoked solidly for   1369 days / 365 = 3.75 years

That's mad

You smoked 12 hours per day, lighting a cigarette every day every 3 minutes per day solidly for   3.75   years of your life. Can you actually imagine doing that for all that time?!?

That is absolutely NUTS!

You are intentionally poisoning yourself!
What an absolute waste of time, money, health and your life.

What way does that make you feel?

Are you ready to quit smoking?