The Hidden Costs of Smoking

In addition to the cost of cigarettes, there is a hidden cost of smoking. Most smokers consider only the cost of a carton or pack of cigarettes, but that’s actually only a part of the money that goes up in smoke!

Take a moment to estimate your own expenditures in the categories listed below per year. Add the item costs, then divide the total by 12 to obtain your average maintenance cost per month.

$______  Loss of earnings due to smoking illness (3-5 days on average)
$______  Auto scrapes due to smoking
$______  Burned clothing due to smoking (repair and replacement)
$______  Burned carpets and furniture (replacement or repair)
$______  Breath mints, mouthwash, nicotine gum, lighters, fluid, mouth spray, etc
$______  Additional dental care (often up to 20% more)
$______  Additional medical treatment and prescriptions
$______  Extra dry cleaning: clothing and drapes
$______  More frequent house, car and office cleaning, more frequent use of air sprays
$______  Repainting home/office more frequently
$______  Interest on savings
$______  Extra gas and mileage for trips to the store for cigarettes
$______  Higher insurance (medical, life, etc….this is often significant)
$______  Miscellaneous
$______  Total maintenance per year divided by 12=$_____ per month

Add this to your Smoking Cost and Analysis (page 5-5 of your manual) for your real costs of smoking.