

Small Steps to Health and Wealth™ Colorado

Convert Consumption Into Labor

Matching Spending to Work Using Hourly Wage Worksheet



Use this worksheet to find an estimate of how many hours are needed to work to buy an item. This example does not take into consideration taxes, which can be calculated on a more detailed worksheet.

1.	Cost of Item to purchase	\$
2.	Hourly wage	\$
3.	Divide cost of item by hourly wage (line 1 ÷ line 2) = hours needed to work	hours

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Items to be purchased and cost	Hours that must be worked to pay for each purchase

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