

Small Steps to Health and Wealth™ Colorado

Convert Consumption Into Labor

Matching Spending to Work Worksheet



Use this worksheet to determine how many hours you will have to work to pay for certain purchases. Use the 15% tax bracket for this example unless you know your federal marginal tax bracket.

1.	Before-tax (gross) annual income	\$
2.	Federal marginal tax rate (Use 15% unless you know your federal marginal tax bracket)	15%
3.	Federal income tax: Amount in line 1 X percentage in line 2	\$
4.	After-tax (net) annual income: Amount in line 1 - amount in line 3	\$
5.	Number of hours worked per week (including commuting time) X 52 = annual hours	hours
6.	Dollar value of an hour worked: Amount in line 4 ÷ amount in line 5	per hour
7.	Name of item to be purchased	
8.	Cost of Item	\$
9.	Number of work hours needed to buy item: Amount in line 8 ÷ amount in line 6	hours

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

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