



Mama Vega® Academy Resource

PROFIT SNAPSHOT WORKSHEET



A simple tool to help women business owners see what they charge, what they spend, how much time they use, and what they may actually be keeping.

1 BUSINESS BASICS

Business Name: _____

Product or Service: _____

Date: _____

Price Charged Per Product or Service: _____

2 DIRECT COSTS PER PRODUCT OR SERVICE

Expense	Amount
Ingredients or Materials	
Packaging	
Labels	
Supplies	
Other	
Total Direct Costs	

3 TIME INVESTMENT

Prep Time: _____

Shopping Time: _____

Production or Service Time: _____

Cleanup Time: _____

Admin or Communication Time: _____

Total Time Spent: _____

4 HIDDEN BUSINESS COSTS

- Gas or Travel \$ _____
- Utilities \$ _____
- Phone Time \$ _____
- Email or Messaging Time \$ _____
- Research or Planning \$ _____
- Marketing \$ _____
- Payment Processing Fees \$ _____
- Equipment Wear and Tear \$ _____
- Other: _____ \$ _____

5 PROFIT SNAPSHOT

Total Money Collected: \$ _____

Minus Total Direct Costs: \$ _____

Minus Hidden Business Costs: \$ _____

Estimated Profit Before Paying Yourself: \$ _____

Total Hours Worked: _____

Estimated Earnings Per Hour: \$ _____

6 REFLECTION

Am I charging enough? _____

What cost did I forget before? _____

What part of my work takes the most time? _____

What is one change I can make to protect my profit? _____

7 NEXT STEP

If your numbers show that you are working harder than you are getting paid, it may be time to adjust your pricing, protect your time, and build with greater clarity.

