

# Take Control of YOUR MONEY

## Instructions

**Hourly Rate:** Enter your current hourly rate (what you would see on your paystub)

**Work Hours/Week:** Enter the number of hours you typically work in a week

**# of Work Weeks in a year:** Enter the # of work weeks, not including vacation time (i.e if you get 2 weeks vacation, you would work for 50 weeks in the year)

**Tax Rate:** Enter the estimated income tax rate you pay on your salary

### Getting Ready:

Enter the # of hours per week you spend getting ready for work (grooming, costuming, getting others ready to leave the house)

Enter the amount you spend per week on products to get ready for work (include things like hair appointments, toiletries, cosmetics)

### Commuting:

Enter the # of hours per week you spend traveling to and from your office

Enter the amount of money you spend per week on gas, car maintenance, insurance, parking and/or public transit

### Extras:

Enter the # of hours per week you spend on picking up coffee, grabbing dinner on the way home, driving children to daycare, etc.

Enter the amount of money you spend per week on coffee, takeout food when you're too tired to cook after work, daycare for your kids

### Recovery:

Enter the # of hours you spend per week to recover from the stress of your job (watching tv, planning vacations, dreading Monday morning)

Enter the amount of money you spend per week on wine, streaming services and other ways you relax after work and on the weekends

## TRUE HOURLY WAGE CALCULATOR

ANNUAL INCOME		
Hourly Rate		
Work Hours/week		
# of Work Weeks in a year		
Annual Income		
Tax Rate (%)		
Total Annual Income		
Total Annual Work Hours		
WORK RELATED EXPENSES		
Getting Ready		
Hours/week		
Cost/week		
Commuting		
Hours/week		
Cost/week		
Extras		
Hours/week		
Cost/week		
Recovery		
Hours/week		
Cost/week		
Total Annual Work Expenses		
Total Additional Work Hours		
TRUE ANNUAL INCOME		
TRUE ANNUAL WORK HOURS		
TRUE HOURLY WAGE		