

Buck For The Bang Worksheet

| Activity/ Time Spent | Daily Bang: Monday | Daily Bang: Tuesday | Daily Bang: Wednesday | Daily Bang: Thursday | Daily Bang: Friday | Daily Bang: Sat/Sun |
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| Total Daily Bang: | | | | | | |

For one week, track the amount of time (the “bang”) you spend on your business. Each day, record *every* business-related activity and the hours you spent on it in the tracking sheet above . At the end of the week, add up the total number of hours spent and record your total “bang” in the “Total Weekly Bang” field. Next, record your total income (“buck”) for the week in the “Total Weekly Buck” field.

Total Weekly Bang _____ Hours Total Weekly Buck _____ Dollars

Now, take your Weekly Buck and divide it by your Weekly Bang to get your Buck For The Bang.

Buck / Bang = _____ Dollars

What do you think? Are you earning top dollar or minimum wage for your work?