SAMPLE — filled in with example numbers Trucking Business Spreadsheet

The Load Check tab, as it opens in the workbook with sample data. The names and numbers on it are made up.

Load Check

Made for a phone. Seven numbers in, one answer out.

THE OFFER	
Rate offered, total	**$1,450**
Loaded miles	**480**
Empty miles to pickup	**30**
Days, door to door	**1.0**
Diesel, per gallon	**$4.00**
Miles per gallon	**6.5**
Tolls, lumper, parking	**$40**

THE ANSWER

YES

It clears your cost and your day target.

PROFIT ON THIS LOAD	**$424**
Profit per day	**$424**
Your day target	**$350**
Offer per loaded mile	**$3.02**
Break-even per loaded mile	**$2.14**
Ask for at least	**$1,376**

HOW THE COST ADDS UP	
Total miles	**510**
Fuel	**$314**
Tolls and out of pocket	**$40**
Upkeep, reserves, pay	**$419**
Share of fixed costs	**$253**
TOTAL COST	**$1,026**

HOW THE NUMBERS WORK OUT

A sample load, checked

- The offer: $1,450 for 480 loaded miles, plus 30 empty miles to the pickup. That is 510 miles in 1 day.
- Fuel: 510 miles ÷ 6.5 miles per gallon × $4.00 a gallon = $314. Tolls and other out of pocket: $40.
- Your truck's own costs, set once on the Your Truck tab: $419 for upkeep, reserves and pay, and $253 as this load's share of fixed costs.
- Total cost: $1,026. $1,450 minus $1,026 leaves $424 profit, against a day target of $350.

The sheet says YES, and to ask for at least $1,376.

The full download includes: a 12-tab workbook with sample data, the same workbook blank, and a 6-page quick start.

A sample page only. The full download's workbook works in Excel and Google Sheets.