**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

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<tr>
<th>Items to be purchased and cost</th>
<th>Hours that must be worked to pay for each purchase</th>
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*Portions of this session were adapted and excerpted from the following book: O’Neill, B. and Ensle, K. (2006). Small Steps to Health and Wealth. Ithaca, NY: NRAES. Original workshop materials were prepared by Rutgers, The State University of New Jersey, the University of Arizona Cooperative Extension, and the University of Florida Extension. For additional information about purchasing the Small Steps to Health and Wealth book, visit www.nraes.org. The project was supported by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture (NIFA) grant number 2011-46100-31139. Program Materials - June, 2013.*