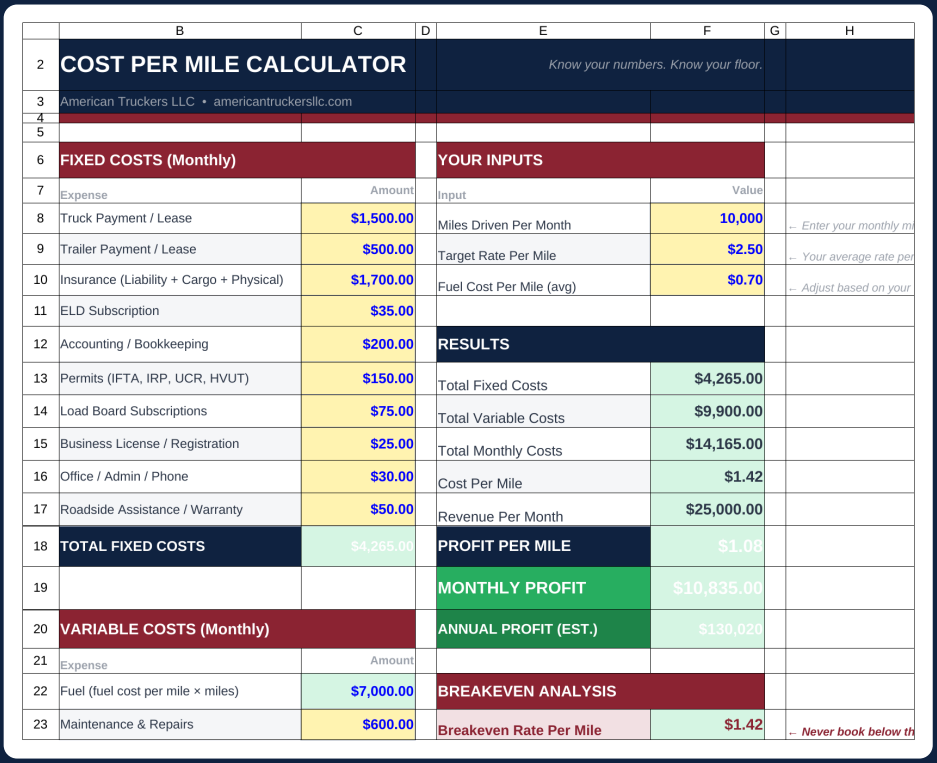
AMERICAN TRUCKERS LLC

Cost Per Mile Calculator

How to Use the Free Spreadsheet

One tab. Your bills, your miles, your floor.
A worked example and what each result means.

Cost Per Mile Calculator



	B	C	D	E	F	G	H
2	COST PER MILE CALCULATOR			*Know your numbers. Know your floor.*			
3	American Truckers LLC • americantruckersllc.com						
4							
5							
6	FIXED COSTS (Monthly)			YOUR INPUTS			
7	Expense	Amount		Input	Value		
8	Truck Payment / Lease	$1,500.00		Miles Driven Per Month	10,000		← Enter your monthly mi
9	Trailer Payment / Lease	$500.00		Target Rate Per Mile	$2.50		← Your average rate per
10	Insurance (Liability + Cargo + Physical)	$1,700.00		Fuel Cost Per Mile (avg)	$0.70		← Adjust based on your
11	ELD Subscription	$35.00					
12	Accounting / Bookkeeping	$200.00		RESULTS			
13	Permits (IFTA, IRP, UCR, HVUT)	$150.00		Total Fixed Costs	$4,265.00		
14	Load Board Subscriptions	$75.00		Total Variable Costs	$9,900.00		
15	Business License / Registration	$25.00		Total Monthly Costs	$14,165.00		
16	Office / Admin / Phone	$30.00		Cost Per Mile	$1.42		
17	Roadside Assistance / Warranty	$50.00		Revenue Per Month	$25,000.00		
18	TOTAL FIXED COSTS	$4,265.00		PROFIT PER MILE	$1.08		
19				MONTHLY PROFIT	$10,835.00		
20	VARIABLE COSTS (Monthly)			ANNUAL PROFIT (EST.)	$130,020		
21	Expense	Amount					
22	Fuel (fuel cost per mile × miles)	$7,000.00		BREAKEVEN ANALYSIS			
23	Maintenance & Repairs	$600.00		Breakeven Rate Per Mile	$1.42		← Never book below th

The calculator, filled with the EXAMPLE numbers that ship in the file.

For the file: CPM_Calculator.xlsx

The free Cost Per Mile Calculator from americantruckersllc.com. Works in Excel or Google Sheets on a computer.

Estimates only. Not financial advice. See the disclaimer on the last page.

1 Start Here

This is the free Cost Per Mile Calculator we built for carriers. It lives in one tab. You type your monthly bills on the left and your miles and target rate on the right. The sheet tells you cost per mile, profit per mile, monthly profit, and how many miles you need to break even. You do not need to be good with spreadsheets. If you can type a number into a box, you can use this.

The file is CPM_Calculator.xlsx.

THE 4-STEP SHORT VERSION

1. Open the file on a **computer** in Excel or Google Sheets and save your own copy (page 2).

2. Replace the sample monthly costs in column C with your real bills (page 3).

3. Type your monthly miles in F8, your target rate per mile in F9, and your fuel cost per mile in F10 (page 3).

4. Read cost per mile in F16, profit per mile in F18, and breakeven miles in F24 (page 4).

EXAMPLE NUMBERS

The file opens with numbers already in many cells. Those are **EXAMPLE** figures so you can see the formulas work. They are not a typical truck's costs and not a recommended rate. Overwrite them with your own.

2 Opening the file

The file is an Excel workbook named CPM_Calculator.xlsx. After you buy, Payhip gives you a download link on the receipt page and in your receipt email. If this file came inside a zip, unzip the folder first, then open the spreadsheet from the unzipped folder.

PHONES OFTEN WON'T WORK

Use your phone to snap receipts, rate confirmations, and odometer photos. Use a computer to enter the numbers. Phone apps often hide tabs, freeze formulas, or will not let you type.

Option A: Microsoft Excel (Windows or Mac)

1. Save the file to a folder you can find later, such as Documents. Do not work in the file while it is still inside an email or a zip.
2. Double-click the file to open it in Excel.
3. If a yellow or red bar at the top says **PROTECTED VIEW**, click **Enable Editing**. Until you do, Excel will not let you type.
4. Click **File > Save As** and add your name or the year to the file name, so you still have a clean original. Then work only in your copy.
5. Save often: Ctrl+S on Windows, Cmd+S on a Mac.

Option B: Google Sheets (free, works on any computer with a Google account)

1. Go to **drive.google.com** and sign in.
2. Drag the .xlsx file onto the Drive window (or click **New > File upload**).
3. Double-click the uploaded file. At the top of the preview, click **Open with Google Sheets**. (Or right-click the file in Drive and pick **Open with > Google Sheets**.)
4. To make a true Google Sheets version, click **File > Save as Google Sheets**. A new copy opens. Work in that one. Google saves as you type, so there is no Save button.

> **TIP**
> **Saving a copy first** is the single best habit. If you type over a formula by accident, you can go back to the original file.

If you are on a phone

- You can open the file to look, but we do not recommend entering numbers on a phone.
- The Google Sheets and Excel phone apps often hide the tabs at the bottom, and it is easy to type in the wrong cell.
- If you only have a phone today, wait until you can sit at a computer. Your numbers will be safer.

If you downloaded this from americantruckersllc.com/tools or from a blog post, it is the same workbook. Save it, then replace the example numbers.

There is only one tab: **Cost Per Mile Calculator**. Blue numbers are inputs. Black numbers are formulas. Do not type over a formula, especially the totals and the results on the right.

3 Type your numbers

yellow = cells where we typed EXAMPLE numbers *green = results the sheet calculated. (The highlights are added for this guide only. Your copy has no yellow or green.)*

The left side is monthly money out, in two groups. **Fixed costs** (C8 to C17) stay about the same whether you haul 4,000 miles or 12,000. Truck and trailer payments, insurance, ELD, bookkeeping, permits, load board, license, phone, and roadside all go here. **Variable costs** (C23 to C29) move with the work: maintenance, tires, tolls, scales, factoring, dispatch, meals and lodging. Fuel is not typed in the variable list. The sheet calculates fuel in C22 as fuel cost per mile (F10) times miles (F8).

1. Click each amount in column C and type your monthly figure. Use a month that looks like a normal month, not a week you were in the shop.
2. In **F8** type loaded miles plus deadhead miles for that month. All miles count.
3. In **F9** type the average rate per mile you actually want to test — your target, not a number from a YouTube video.
4. In **F10** type fuel cost per mile. A simple way: (gallons used × price per gallon) ÷ total miles. If you ran 8,000 miles, used 1,230 gallons, and paid $3.80, fuel per mile is (1,230 × 3.80) ÷ 8,000 = $0.58.
5. Leave a cost at 0 if you do not have that bill. Do not delete the row.

	B	C	D	E	F	G	H
2	**COST PER MILE CALCULATOR**			*Know your numbers. Know your floor.*			
3	American Truckers LLC • americantruckersllc.com						
4							
5							
6	**FIXED COSTS (Monthly)**			**YOUR INPUTS**			
7	Expense	Amount		Input	Value		
8	Truck Payment / Lease	$1,500.00		Miles Driven Per Month	10,000		← Enter your monthly mi
9	Trailer Payment / Lease	$500.00		Target Rate Per Mile	$2.50		← Your average rate per
10	Insurance (Liability + Cargo + Physical)	$1,700.00		Fuel Cost Per Mile (avg)	$0.70		← Adjust based on your
11	ELD Subscription	$35.00					
12	Accounting / Bookkeeping	$200.00		**RESULTS**			
13	Permits (IFTA, IRP, UCR, HVUT)	$150.00		Total Fixed Costs	$4,265.00		
14	Load Board Subscriptions	$75.00		Total Variable Costs	$9,900.00		
15	Business License / Registration	$25.00		Total Monthly Costs	$14,165.00		
16	Office / Admin / Phone	$30.00		Cost Per Mile	$1.42		
17	Roadside Assistance / Warranty	$50.00		Revenue Per Month	$25,000.00		
18	**TOTAL FIXED COSTS**	$4,265.00		**PROFIT PER MILE**	$1.08		
19				**MONTHLY PROFIT**	$10,835.00		
20	**VARIABLE COSTS (Monthly)**			**ANNUAL PROFIT (EST.)**	$130,020		
21	Expense	Amount					
22	Fuel (fuel cost per mile × miles)	$7,000.00		**BREAKEVEN ANALYSIS**			
23	Maintenance & Repairs	$600.00		Breakeven Rate Per Mile	$1.42		← Never book below th

EXAMPLE numbers that ship in the file, highlighted. Left: monthly costs. Right: miles 10,000, target rate $2.50, fuel $0.70 per mile, and the results. Replace every yellow cell with your figures.

GOOD TO KNOW

Factoring fees belong on this sheet only if you actually use a factor. If you name a company, the only factoring company we point carriers to is Triumph. This calculator does not require factoring.

4 What the result means

Using the example numbers that come in the file (not a real truck):

Result	Cell	Example figure	What it means
Total fixed costs	C18 / F13	$4,265	The monthly bills that do not move with miles.
Total variable costs	C30 / F14	$9,900	Fuel ($7,000) plus the other variable lines.
Total monthly costs	F15	$14,165	Fixed plus variable. This is the month's nut.
Cost per mile	F16	$1.4165	Total costs ÷ miles. This is your floor before profit.
Revenue per month	F17	$25,000	Target rate × miles ($2.50 × 10,000).
Profit per mile	F18	$1.0835	Target rate minus cost per mile.

Result	Cell	Example figure	What it means
Monthly profit	F19	$10,835	Profit per mile × miles.
Annual profit (est.)	F20	$130,020	Monthly profit × 12. Only true if every month looks like this one.
Breakeven rate per mile	F23	$1.4165	Same as cost per mile. Do not book below this on purpose.
Breakeven miles per month	F24	3,981	Miles needed to cover all costs at your target rate, after fuel is taken out of the "other costs" side of the math.
Profit margin	F25	43.34%	Profit per mile ÷ target rate.

Hand check of breakeven miles in the example: (total costs − fuel) ÷ (target rate − fuel per mile) = ($14,165 − $7,000) ÷ ($2.50 − $0.70) = $7,165 ÷ $1.80 = 3,980.56 miles, which the sheet rounds to 3,981. If F8 is blank or zero, cost per mile and the profit figures stay blank on purpose, so you do not see a divide-by-zero error.

TIP

Cost per mile is the number to know before you say yes to a load. If a load pays $1.20 and your cost per mile is $1.42, you lose money on every mile, even before you think about empty miles home. Breakeven miles answers a different question: at the rate in F9, how many miles does this month need before the bills are covered.

GOOD TO KNOW

These results are estimates from the numbers you typed. They are not a wage, not a guarantee, and not tax advice. Insurance, repairs, and freight rates move. Update the sheet when a bill changes.

5 If something looks wrong

What you see	What to check
Cost per mile is blank	F8 (miles) is empty or zero. Type your monthly miles.
Breakeven miles says "Rate is at or below fuel cost"	F9 is less than or equal to F10. A rate that does not even cover fuel cannot break even no matter how many miles you run.
#DIV/0! in an old copy	This version guards blank miles and should show a blank, not an error. Download the current file from the tools page if your copy still errors.
Fuel looks huge or tiny	F10 is fuel per mile, not the price of a gallon. $3.80 is a pump price; fuel per mile is usually well under $1.
I typed over a total and it no longer adds	You overwrote a formula (C18, C22, C30, or anything in F13:F25). Re-open your clean original and copy your inputs into a fresh file.
The file will not let me type in Excel	Click Enable Editing. Save to Documents first if it opened from a browser download.
It looks wrong on my phone	Use a computer (page 2).

6 A short disclaimer

PLEASE READ

This calculator and this guide are for estimates only. They are not financial, tax, or legal advice. Your real cost per mile depends on your truck, your miles, your bills, and the work you accept. American Truckers LLC does not review your numbers and is not responsible for loads you accept or decline using this file. All numbers in this guide marked EXAMPLE, including the figures that ship in the download, are for illustration.

Questions? We're here.

AMERICAN TRUCKERS LLC

Website
americantruckersllc.com

Email
info@americantruckersllc.com

Stuck on a step? Email us with the **tab name**, the **cell address** (like B11) and what you see on screen. A screenshot helps. More free guides: **americantruckersllc.com/blog**.