

# Help Sheet

1. Enter your details at the top of the sheet using the format:-

Date of Birth = 9/6/66 or 9 June 1966  
Retirement age = 65 (not a date)

2. Enter Activities into the sheet and how long you do them for:-

30 Minutes = .30  
1 hour 25 = 1.25

N.B. If you will not continue an activity (i.e. Work) after you retire put a 'no' in the 'Continue' column otherwise the activity will be calculated for the rest of you life.

3. Click on the picture in order to update the Charts.



4. Use the sheet order to view different sheets.

Life Sheet 3D Pie Chart 3D Bar Chart Pie Chart Bar Chart

# LIFE SHEET

Name		
Sex		Male/Female
Today's Date	6-Sep-24	Day/Month/Year
Date of Birth	1-Jan-70	Day/Month/Year
Age	#MACRO?	Years & Days
Retirement Age	65	Years
Termination Age	85	Years
Before Retirement	#MACRO?	Years & Days
After Retirement	#MACRO?	Years
Years Left	#MACRO?	Years & Days



**Click on**

[illegible]






Spare Time							
Total Times							
###	###	###	###	###	###	###	###
###	###	###	###	###	###	###	###



RET



Click on picture to update charts

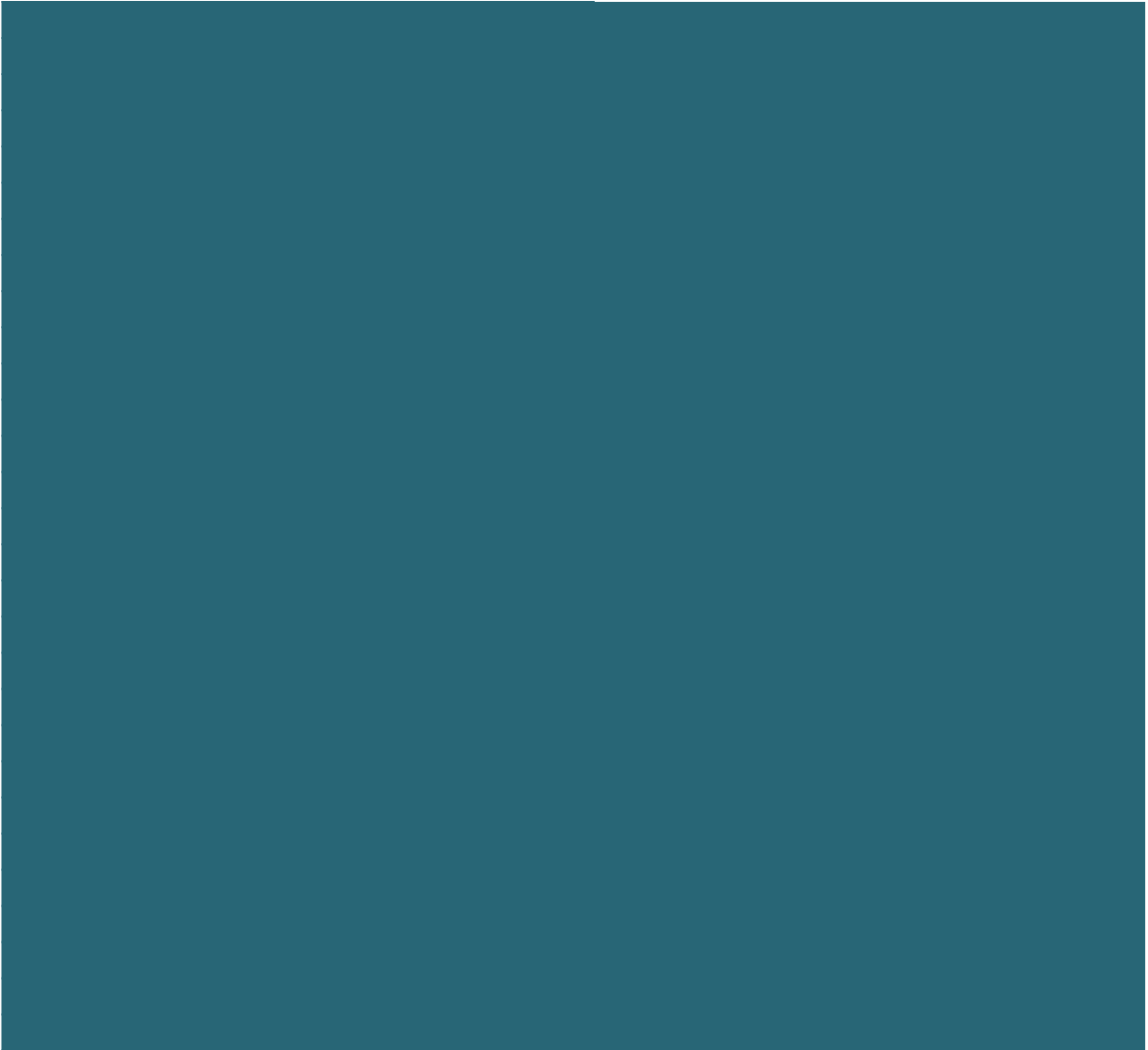
Continue (After Retirement)	Hours / Week	Years	Years %
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?

[illegible]

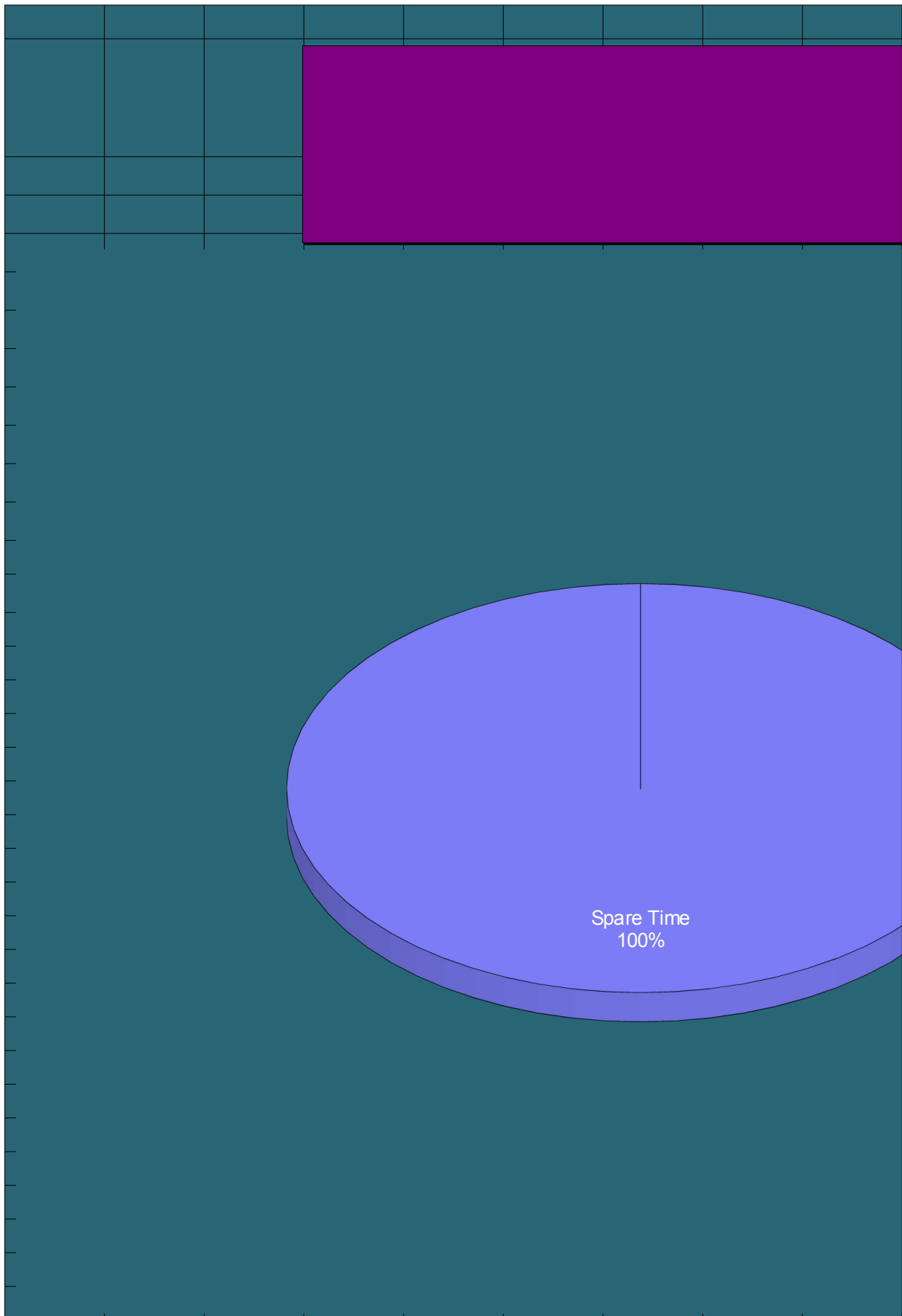


[illegible]

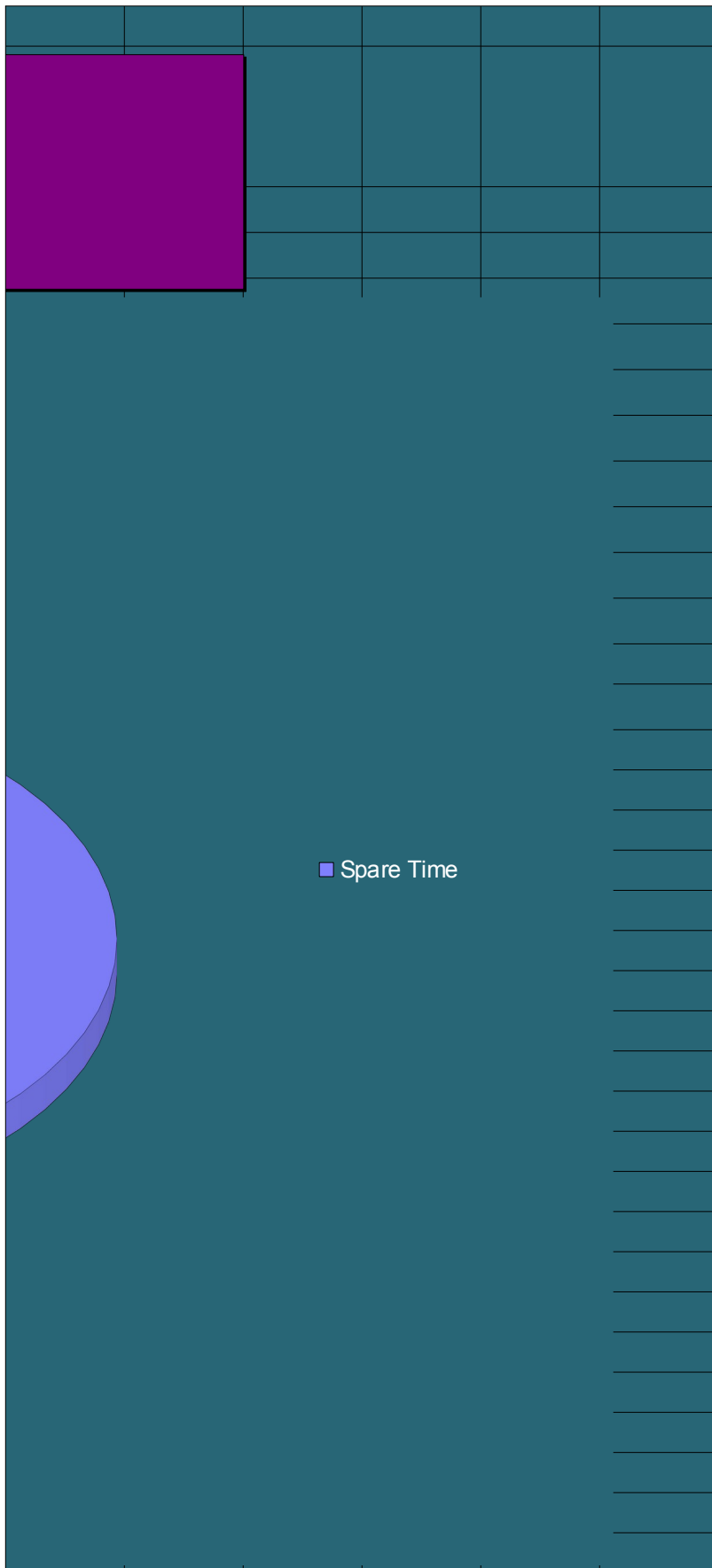
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
	#MACRO?	#MACRO?	#MACRO?
#MACRO?	#MACRO?	#MACRO?	#MACRO?



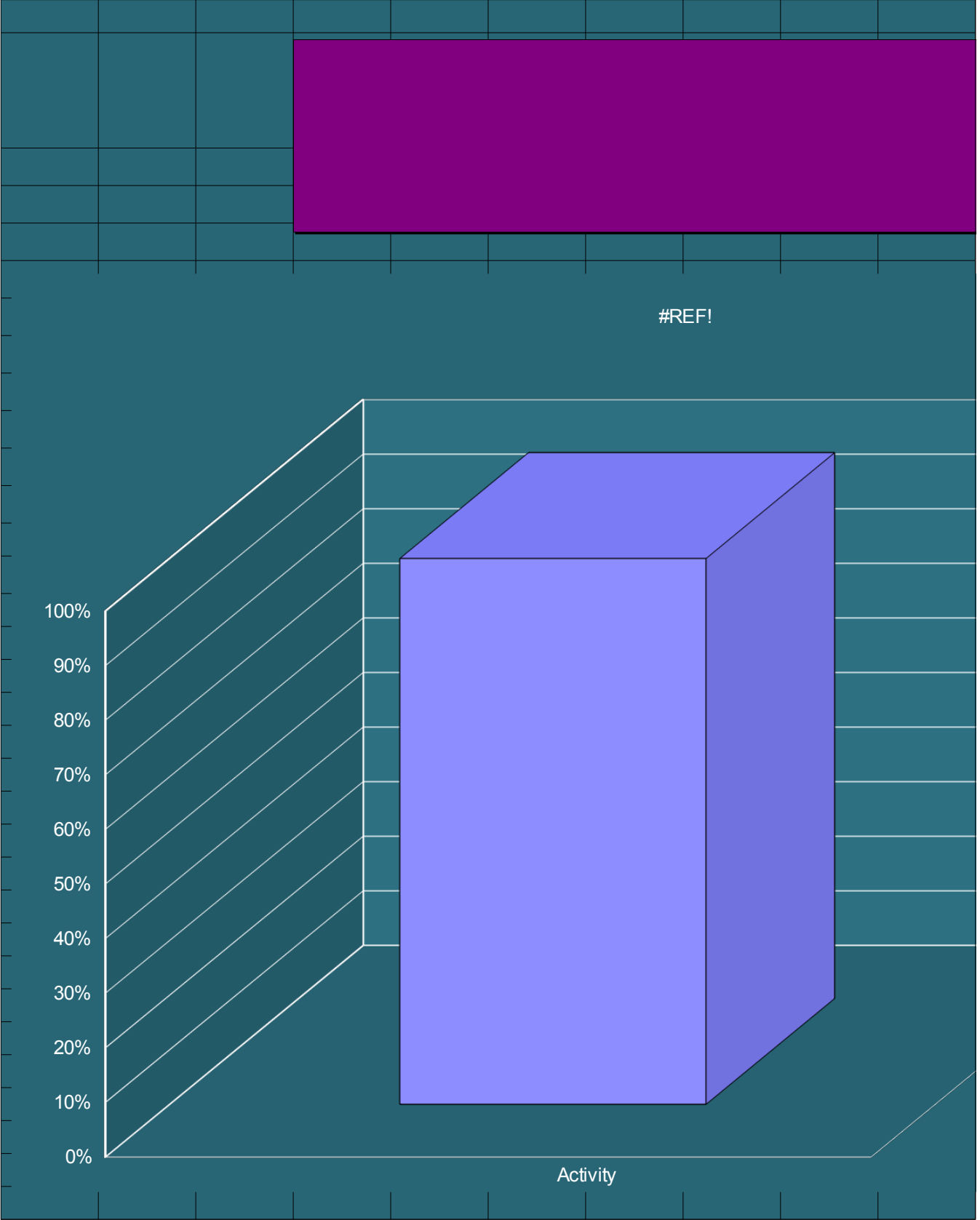
### 3D Pie Chart



### 3D Pie Chart



3D Bar Chart



3D Bar Chart

