

The XLS and SXW versions allow you to enter values on-screen. This version is manual (ie. pencil/pen)

	Hourly Target:	500		Start:	09:00
End Time	New Words	Running Total (RT)	Progressive Target	Actual Target (Prev RT + 500)	+/-
09:00			500		
10:00			1000		
11:00			1500		
12:00			2000		
13:00			2500		
14:00			3000		
15:00			3500		
16:00			4000		
17:00			4500		
18:00			5000		
19:00			5500		
20:00			6000		
21:00			6500		
22:00			7000		
23:00			7500		