

A 10-room interior takeoff tool — drywall, paint, flooring, trim, framing, and a priced summary in one workbook.

What this workbook does

This workbook does the math-heavy part of interior estimating for you. You enter room dimensions and material/labor rates once, and it calculates drywall sheets, paint gallons, primer, flooring, baseboard, crown molding, studs, and plates — for up to 10 rooms at a time. The Main Summary Report pulls everything together into one grand total with overhead and profit already applied.

The tabs, in plain terms

10 Room Calculator	Where all the action is. Enter your room dimensions and pricing rates in the yellow cells. Everything else — quantities, costs, labor hours — calculates automatically across all 10 rooms.
Main Summary Report	A one-page snapshot of your grand totals: floor area, drywall sheets, paint gallons, total material cost, labor cost, and your suggested bid price.
Disclaimer & License	Terms of use. Read once and keep on file.

How to use it — step by step

1. Open the **10 Room Calculator** tab. You will see 10 room columns across the top (Room 1 through Room 10). Type the room name in row 4, then enter length, width, and ceiling height in rows 5, 6, and 7.
2. Scroll down to the pricing rows (rows 23 onward). Enter your material costs — drywall sheet price, paint cost per gallon, flooring cost per SF, and so on — in the yellow cells. These are your numbers, so match them to your current supplier quotes.
3. Enter your labor rate per hour in row 31, and the labor hours per unit in rows 32, 33, and 34. The workbook multiplies these out for you.
4. Set your overhead percentage (row 35) and profit percentage (row 36). These apply to the whole job automatically.
5. Set the sales tax rate in row 67. Tax calculates on materials only, not labor.
6. Check row 72 — that is your **Suggested Price** per room. Row L72 is your total project bid.
7. Open the **Main Summary Report** tab to see your full project snapshot — quantities and costs all on one page, ready to print or share.

Good-to-know tips

- Yellow cells are input. Gray cells calculate. Never type over a gray cell.
- The workbook ships with 10 rooms of demo data already filled in. Clear the rooms you do not need by zeroing out the length or width — the room will drop to \$0 automatically.
- Sales tax applies to materials only — that is already built into the formula. Do not add tax again in your overhead or profit.
- Suggested Price = Material + Labor + Tax + Overhead + Profit. It does not double-count tax.
- The stud count (row 55) adds 4 corner studs per room automatically. That is standard framing practice.

- Test with a simple room first — $10 \times 10 \times 10$ — to confirm your rates produce numbers that look right before entering a real job.

George White, Jr. — Owner | GWJ Industrial Supplies and Construction, LLC | george@gwjconstruction.com | 504.220.9179 | New Orleans, Louisiana