Trucking Cost per Mile Worksheet

Work out what it costs to run your truck each mile, your break-even rate, and the rate you need to make a profit. Fill in your own numbers.

Last reviewed October 26, 2026. Free to print and share.

Step 1: Miles per month

Loaded miles per month (A) _____

Empty (deadhead) miles per month (B) _____

Total miles per month (C = A + B) _____

Use total miles, not just loaded miles. Your truck burns fuel and wears out on empty miles too.

Step 2: Fixed costs per month (you pay these even if the truck sits)

Fixed cost	Per month
Truck payment or lease	
Trailer payment or lease	
Insurance (liability, cargo, physical damage, other)	
Plates, permits, UCR, IFTA, 2290 (yearly total divided by 12)	
ELD and other software subscriptions	
Phone, office, accounting	
Load board subscriptions	
Parking	
Total fixed costs per month (D)	

Step 3: Variable costs per mile (these rise with every mile)

Variable cost	How to work it out	Per mile
Fuel	Fuel price per gallon divided by miles per gallon	
Maintenance and repairs	Set aside an amount per mile for repairs	
Tires	Tire cost divided by expected tire life in miles	
Driver pay	Per-mile pay, or weekly pay divided by weekly miles	

Variable cost	How to work it out	Per mile
Tolls and scales	Monthly average divided by total miles	
Factoring or dispatch fees	Percent of revenue (enter as cost per mile at your average rate)	
Total variable cost per mile (E)		

Step 4: Your numbers

Fixed cost per mile (F = D divided by C) _____

Total cost per mile (G = E + F) _____

Break-even rate per LOADED mile (H = G x C divided by A) _____

Profit you want per month (I) _____

Target rate per loaded mile (J = (G x C + I) divided by A) _____

Brokers quote rates per loaded mile, so compare offers with H and J, not with G. Any load below H loses money once deadhead is counted.

Worked example (example numbers only, not a quote or average)

Line	Example
Loaded miles A / empty miles B / total C	9,000 / 1,000 / 10,000
Fixed costs per month D	6,000 dollars
Fixed cost per mile F = 6,000 / 10,000	0.60 dollars
Variable cost per mile E (fuel, repairs, tires, pay, tolls)	1.40 dollars
Total cost per mile G = 1.40 + 0.60	2.00 dollars
Break-even per loaded mile H = 2.00 x 10,000 / 9,000	about 2.22 dollars
Target with 3,000 dollars monthly profit J = (20,000 + 3,000) / 9,000	about 2.56 dollars

Check it every month

- [ ] Update fuel price and miles per gallon from your fuel receipts.
- [ ] Compare your real maintenance spending with your reserve.
- [ ] Recalculate when insurance renews or you add a truck.
- [ ] Track deadhead percentage; it changes your break-even rate more than most people expect.

Resources

Read the full guide: How to Calculate Cost per Mile (guide) (https://opentruckingcompany.com/guides/how-to-calculate-cost-per-mile)

FREE DOWNLOADS

- Trucking business plan template (PDF) – Put your cost per mile into a full plan.
  https://opentruckingcompany.com/downloads/trucking-business-plan-template.pdf

OFFICIAL FORMS AND LOOKUPS

- EIA: Gasoline and diesel fuel update – Weekly U.S. and regional diesel prices from the U.S. Energy Information Administration.
  https://www.eia.gov/petroleum/gasdiesel/
- IRS: Publication 463 (travel and car expenses) – How business travel and vehicle expenses are treated for tax.
  https://www.irs.gov/publications/p463

FREE TOOLS

- ATRI: Operational costs of trucking – Industry research on average trucking costs per mile, to compare with yours.
  https://truckingresearch.org/2026/07/analysis-of-the-operational-costs-of-trucking-2026-update/

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