Dry Van Lane Planning Worksheet

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Fill the top block once, then plan each week as a loop: headhaul out, reload, backhaul toward home. Write the minimum round-trip rate per mile you will accept before you look at a single load.

Home base and limits

- ☐ Home base city and state: _____
- ☐ Home-time days each week or each cycle: _____
- ☐ Max deadhead I will run to a reload: _____ miles
- ☐ Cost per mile (all-in): $_____ Profit I need per mile: $_____
- ☐ Minimum round-trip rate per mile = cost + profit: $_____

Preferred outbound states and reload markets

- ☐ Outbound state 1: _____ Reload market: _____ Notes: _____
- ☐ Outbound state 2: _____ Reload market: _____ Notes: _____
- ☐ Outbound state 3: _____ Reload market: _____ Notes: _____
- ☐ Markets I avoid and why: _____

Week grid

- ☐ MON Market: _____ Leg: headhaul / reload / backhaul / home Target $/mi: _____
- ☐ TUE Market: _____ Leg: headhaul / reload / backhaul / home Target $/mi: _____
- ☐ WED Market: _____ Leg: headhaul / reload / backhaul / home Target $/mi: _____
- ☐ THU Market: _____ Leg: headhaul / reload / backhaul / home Target $/mi: _____
- ☐ FRI Market: _____ Leg: headhaul / reload / backhaul / home Target $/mi: _____
- ☐ Planned round-trip rate per mile: _____ Actual on Friday: _____