

		How often you repeat the task					
		Once a week	Twice a week	Three times a week	Everyday	Twice a day	Three times a day
<b>How much time you could save each time you complete the task</b>	30 seconds					4 hrs/yr	6 hrs/yr
	1 minute				4 hrs/yr	1 day/yr	12 hrs/yr
	2 minutes			5 hrs/yr	1 day/yr	2 days/yr	3 days/yr
	3 minutes		5 hrs/yr	1 day/yr	2 days/yr	3 days/yr	1 week/yr
	5 minutes	4 hrs/yr	1 day/yr	1.5 days/yr	3 days/yr	1 week/yr	1.5 weeks/yr
	10 minutes	1 day/yr	2 days/yr	3 days/yr	1 week/yr	2 weeks/yr	3 weeks/yr
	15 minutes	1.5 days/yr	3 days/yr	1 week/yr	2 weeks/yr	3 weeks/yr	4 weeks/yr
	20 minutes	2 days/yr	4 days/yr	1.25 weeks/yr	3 weeks/yr	4 weeks/yr	6 weeks/yr
	30 minutes	3 days/yr	6 days/yr	1.5 weeks/yr	4 weeks/yr	6 weeks/yr	10 weeks/yr