First, make a copy of this spreadsheet so that yo can edit it. Go through the tabs and update all the cells marked red. You'll find your calculation on the final tab.

The calculations in here are probably broken. Don't be angry at me, this is meant to be silly.

Update these numbers according to your	education history.		
	Weekly hours of writing education	How many years at school?	Total hours
Primary school	5	4	780
Secondary school	4	5	780
Sixth form/college	5	2	390
University	3	3	270
Total formal education hours writing	2220		

How about your writing habit?	
How many hours per week do you regularly write?	4
What year did you start writing regulary?	2014
What is the current year?	2024
Accumulated writing time in hours:	2080

Add in miscellanneous details here.	
	Hours per week
Writing during the day job	1
Years in employment	22
Average writing per week prior to forming a writing habit	0.5
What year were you born?	1980
Writing experience from employment	1144
Pre-habit writing	728
Total misc hours	1872

Grand total	
Hours spent writing in your life:	6172
Hours remaining until you're an expert	3828