

Worksheet 6: Rate Sheet Fill-In Template

Connecticut commands premium rates — especially in Fairfield County. Insurance, hedge fund, and aerospace clients expect professional documentation and proof of delivery on every run.

Business Name: _____

Phone: _____

Email: _____

Service Area: _____

e.g. Hartford Metro + Fairfield County + New Haven

Service Type	Connecticut Market Range	Your Rate
Standard same-day (under 15 mi)	\$65-\$110	
Per mile after 15-mile base	\$2.00-\$3.25/mile	
Rush delivery (1-hour pickup)	\$110-\$185	
Dedicated hourly rate	\$75-\$120/hr	
Medical / specimen transport	\$80-\$135	
Insurance / financial document run	\$75-\$130	
Aerospace parts (Pratt & Whitney / Raytheon)	\$90-\$150	
Legal document / court filing	\$70-\$120	
Hartford to New Haven (35 mi)	\$95-\$135/run	
Hartford to Stamford (80 mi)	\$185-\$245/run	
New Haven to Stamford (50 mi)	\$125-\$175/run	
Stamford to NYC (35 mi)	\$110-\$160/run	
After-hours / weekend surcharge	25-35% above base	
Holiday surcharge	50% above base	
Waiting time (after 15 min)	\$1.25-\$2.00/min	

PAYMENT TERMS

- ☐ Net 15 days for recurring clients
- ☐ Net 30 days for insurance companies and large financial clients
- ☐ Due on delivery for new clients (first 3 runs)
- ☐ Credit card surcharge: ____% (if applicable)

■ Password: CONNECTICUT2026