

**Hours to Days Conversion
8 Hour Formula**

If you have this many hours	Then you have this many days
8	1
16	2
24	3
32	4
40	5
48	6
56	7
64	8
72	9
80	10
88	11
96	12
104	13
112	14
120	15
128	16
136	17
144	18
152	19
160	20
168	21
176	22
184	23
192	24
200	25
208	26
216	27
224	28
232	29
240	30