



AI Spend Report - worked sample

Illustrative 14-day window | API-equivalent estimates | No real account data

≈ \$6.42

Estimated spend

≈ 2.85M

Tokens observed

12

Tasks watched

≈ 2.9h

Hands-off time

Safety activity (illustrative)

8

decisions reviewed

3

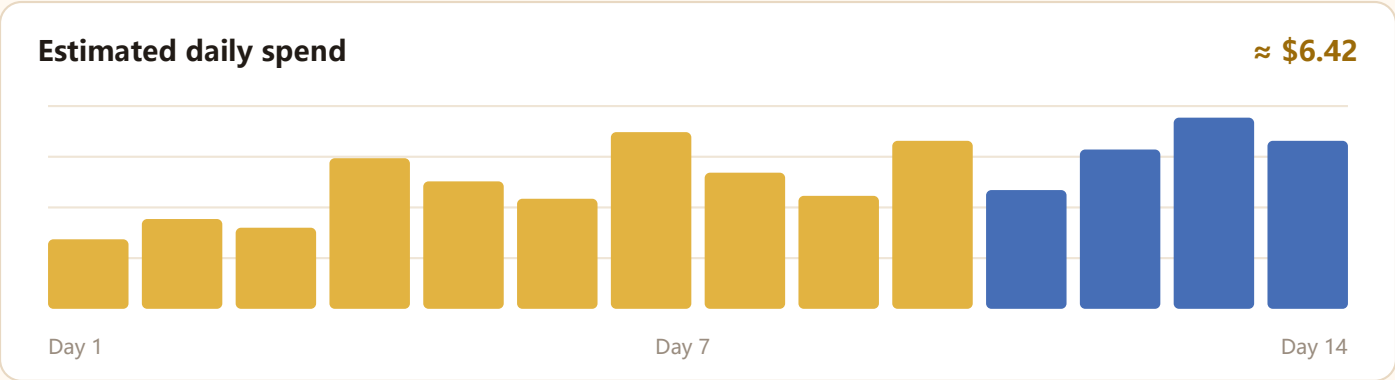
high-risk flags

4

restore points

1

action blocked



Estimated breakdown

Source	Basis	Tokens	Spend
Claude Code	local logs	≈ 1.40M	≈ \$3.10
Codex	local logs	≈ 980K	≈ \$2.18
Other API activity	sample	≈ 470K	≈ \$1.14

Spend and time-value comparison

≈ \$6.42

estimated AI spend

≈ \$87.00

illustrative time value

Uses 2.9h x a sample \$30/hour setting. This is an illustrative equivalent, not money actually saved.



虚构的 14 天窗口 | API 等价估算 | 不含真实账户数据

估算花费

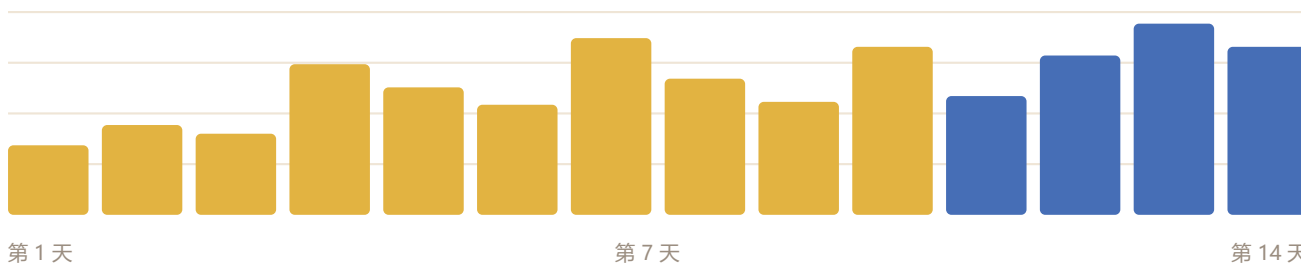
观察到的 token

看护任务

省下盯梢时间

1 次操作阻止

$\approx \$6.42$



来源	依据	Token	花费
Claude Code	本地日志	≈ 140 万	≈ \$3.10
Codex	本地日志	≈ 98 万	≈ \$2.18
其他 API 活动	示例	≈ 47 万	≈ \$1.14

AI 估算花费

示例时间价值

按 2.9 小时 x 示例时薪 \$30 计算。这只是示例等价值，不代表实际省下的钱。