This worksheet will help you track your spending and create a spending plan to help you reach your financial goals．This is a monthly budget but you may find that you have some income and expenses that occur less often like car insurance or getting a tax return．If this is true，divide the total expense by how often you pay it．For example，if you pay $\$ 350$ in car insurance every 6 months，take $\$ 350 \div 6=\$ 58.33$ per month．Include this monthly expense into your budget．

| Income Source |  | Monthly Total |  |
| :---: | :---: | :---: | :---: |
| Paycheck（s）net pay AFTER taxes |  | \＄ | \＄ 0.00 |
| Tax Return（annual amount $\div 12$ ） |  | \＄ | \＄ 0.00 |
| Other Income（Child Support，Alimony，Food Stamps，etc）： |  | \＄ | \＄ 0.00 |
|  |  | \＄ |  |
| Total Monthly Income |  | \＄ | \＄ 0.00 |
| Fixed Expenses |  | Monthly Total |  |
|  | Rent／Mortgage | \＄ | \＄ 0.00 |
|  | Renter＇s Insurance／Homeowner＇s Insurance | \＄ | \＄ 0.00 |
|  | Property Taxes（annual amount $\div$ 12） | \＄ | \＄ 0.00 |
|  | Electricity（monthly average） | \＄ | \＄ 0.00 |
|  | Natural Gas／Propane（monthly average） | \＄ | \＄ 0.00 |
|  | Water／Sewer（monthly average） | \＄ | \＄ 0.00 |
|  | Garbage | \＄ | \＄ 0.00 |
|  | Internet | \＄ | \＄ 0.00 |
|  | Cable／Satellite | \＄ | \＄ 0.00 |
|  | Phone | \＄ | \＄ 0.00 |
|  |  |  |  |
| 9 | Auto Payment | \＄ | \＄ 0.00 |
|  | Auto Insurance | \＄ | \＄ 0.00 |
|  | Auto Maintenance（typically \＄20－\＄50 per month） | \＄ | \＄ 0.00 |
|  | Other | \＄ | \＄ 0.00 |
|  |  |  |  |
| $\begin{aligned} & \frac{5}{\boxed{1}} \\ & \text { 오 } \end{aligned}$ | Health Insurance | \＄ | \＄ 0.00 |
|  | Life Insurance | \＄ | \＄ 0.00 |
|  | Monthly Prescriptions | \＄ | \＄ 0.00 |
|  | Gym Membership | \＄ | \＄ 0.00 |
|  |  |  |  |
| $\frac{\pi}{0}$ | Child Care | \＄ | \＄ 0.00 |
|  | Child Support | \＄ | \＄ 0.00 |
|  | Other | \＄ | \＄ 0.00 |
|  |  |  |  |
| $\begin{aligned} & \text { 品 } \\ & \text { = } \\ & \text { 先 } \end{aligned}$ | Emergency Savings | \＄ | \＄ 0.00 |
|  | Retirement Savings（only track if taken out AFTER taxes） | \＄ | \＄ 0.00 |
|  | Other | \＄ | \＄ 0.00 |
|  |  |  |  |
| $\begin{aligned} & \text { ぁ } \\ & \text { ث } \end{aligned}$ | Other（Credit Cards，Personal Loans，Alimony，Student Loans）： | \＄ | \＄ 0.00 |
|  |  | \＄ | \＄ 0.00 |
|  |  | \＄ | \＄ 0.00 |
|  |  | \＄ | \＄ 0.00 |
|  | Total Monthly Fixed Expenses | \＄ | \＄ 0.00 |


| $\$ 0.00-$ | $\$ 0.00$ | $=$Amount Left for Variable <br> Expenses |
| :---: | :---: | :---: |

Monthly Total


If you have a positive amount left over, think about contributing more to savings, retirement or paying off debt.

If you have a negative amount left over, you may need to cut some of your expenses. For some great ideas, check out the Consumer Federation of America publication "66 Ways to Save Money" at http://www.consumerfed.org/pdfs/66ways.pdf.

