

MONTHLY INCOME & EXPENSES WORKSHEET

My Income		My Expenses	
WAGES	\$	RENT/MORTGAGE	\$
SOCIAL SECURITY	\$	PROPERTY TAX /INSURANCE	\$
PENSION/RETIREMENT SAVINGS	\$	SEWAGE/TRASH COLLECTION	\$
VETERANS' BENEFITS	\$	ELECTRICITY	\$
INTEREST/DIVIDENDS	\$	CABLE/INTERNET	\$
CHILD SUPPORT/ALIMONY	\$	WATER	\$
SSI (social security income)	\$	GAS/OIL	\$
SSDI (social security disability insurance)	\$	TELEPHONE/MOBILE PHONE	\$
DISABILITY BENEFITS	\$	HEALTH INSURANCE PREMIUMS	\$
TANF (temporary assistance for needy families)	\$	HEALTH INSURANCE CO-PAYS	\$
UNEMPLOYMENT COMPENSATION	\$	PRESCRIPTION(S)	\$
ESTATES/TRUST	\$	LIFE INSURANCE(S)	\$
OTHER:	\$	CAR PAYMENT(S)	\$
		CAR INSURANCE	\$
		TRANSPORTATION/GAS	\$
		CAR MAINTENANCE	\$
		FOOD-GROCERIES	\$
		FOOD-EATING OUT	\$
		CREDIT CARD	\$
		PERSONAL	\$
		OTHER	\$

RECOMMENDED PERCENTAGS

<i>Item</i>	<i>Actual</i>	<i>Recommended</i>
MEDICAL/HEALTH	%	10–15%
SAVING	%	5–10%
HOUSING	%	25–35%
UTILITIES	%	5–10%
FOOD	%	5–15%
TRANSPORTATION	%	10–15%
CLOTHING	%	2–7%
CHARITABLE GIFTS	%	5–10%
PERSONAL	%	5–10%
RECREATION	%	5–10%
DEBTS	%	5–10%

Compiled from several sources, this table shows guidelines for suggested spending percentages. However, these are only recommended percentages and can change dramatically based on your actual income. The lower the income, the higher the necessities percentages will be.

“FOUR WALLS” BUDGETING

SHELTER

HEALTHCARE



FOOD

TRANSPORTATION

Pay necessities first.

1. Food
2. Shelter
3. Healthcare
4. Transportation