

# Monthly Income and Expenses

This page automatically calculates the totals and your disposable income ratio. Make sure all monthly income and expenses are on here. This sheet should include everyone in your household. It is best to complete it with your household members

Monthly Take Home Income	Current
Salary/Wages/Business Draw	
Salary or Wages (Spouse)	
Social Security	
Pension/Retirement	
Interest on Accounts	
Alimony / Child Support	
Real Estate rent (income)	
Investment Dividends	
Unemployment/ Food Stamps	
Other Gov Assistance	
Per Capita	
<b>Total Take Home Income</b>	

Monthly Living Expenses	Current
Alimony / Child Support (outgoing)	
Auto Gas and Repair	
Auto Insurance	
Cable TV/ Satellite Fees	
Charitable Contributions	
Child Care	
Childrens' Activities	
Clothing Maintenance (Laundry)	
Clothing Purchases	
Electric Bill	
Food (In-home / Groceries)	
Food (Out of home - Lunch, Dining)	
Gas and Oil Bill	
Health and Dental Insurance	
Homeowner/Condo fees	
Homeowners or Renters Insurance	
Household items	
Internet Access (AOL,MSN, DSL)	
Life and Disability Insurance	
Memberships (Health club etc.)	
Personal Care (Grooming)	
Prescriptions	
Security Services (Alarm)	
Subscriptions	
Telephone (Home, Cell, Pager)	
Trash Disposal	
Tuition and School Supplies	
Water Bill	
Entertainment (pow wow's, etc)	
Auto Dep into Savings	
Other Expenses	
Other Expenses	
<b>Total Monthly Living Expenses</b>	

Secured Debts (Monthly Payments)	Current
Rent	
1st Mortgage	
2nd Mortgage	
Land Lease (Trailer park, other)	
Student Loans	
Auto Loans/Leases	
Recreation (Boat, ATV, etc.)	
Past Due Taxes	
Furniture Loans	
Other Debts	
Other Loans	
Other Loans	
<b>Total Secured Debt</b>	

Unsecured Debt	Current
Credit Card 1	
Credit Card 2	
Credit Card 3	
Credit Card 4	
Credit Card 5	
Credit Card 6	
Credit Card 7	
Credit Card 8	
Personal Loan 1	
Personal Loan 2	
Medical Bill Payment	
Other	
Other	
<b>Total unsecured Debt</b>	

Summary	Current
Total Take Home (Income )	
Total Living Expenses (-)	
Total Secured Debt Payments (-)	
Total Unsecured Debt Payments (-)	
<b>Disposable Income **</b>	
<b>Disposable Income as Percent</b>	

A healthy budget will have 5-10% disposable income.  
If your calculations reveal a deficit (in parentheses)  
you may be in serious debt.

# Goals Worksheet

It is important to have goals to help guide you to where you want to be. Take a moment to complete short, medium and long term goals. Then keep this sheet to refer back to. Write in any goals that you may have (education, childrens education, having children, getting a different job, buying a house, retirement)

Priority	Goal	Deadline	Cost	# of months to deadline	How much to save/ mo
<b>Short Term Goals (1-2 years)</b>					
	Build up emergency savings	/		=	
		/		=	
		/		=	
		/		=	
		/		=	
		/		=	
				Total	
<b>Medium Term Goals (within 5 years)</b>					
		/		=	
		/		=	
		/		=	
		/		=	
		/		=	
		/		=	
				Total	
<b>Long Term Goals (More than 5 years)</b>					
		/		=	
		/		=	
		/		=	
		/		=	
		/		=	
				Total	

Write in all goals, the deadline you would like to accomplish them by, how much it will cost (if any) and how many months to your deadline. Then compute the amount that you need to save each month to reach your goal. The total will automatically calculate for you. Lastly, don't forget to prioritize your goals on the left hand side.