

How to use this worksheet

Enter your best estimates into the form fields that follow. If a field doesn't apply, just leave it blank or enter zero. For each column, add the numbers up and enter the subtotals at the bottom. At the end of the worksheet, plug those subtotals into the simple equation and you'll find out what your monthly income—after expenses—could be!

Monthly budget worksheet

Essential Budget Items (A)

Household Expenses

Mortgage/Rent	\$
Utilities/Telephone	\$
Gas/Oil/Water	\$
General Maintenance	\$
Household Supplies	\$

Meals

Groceries	\$
Beverages	\$
Essential Entertaining	\$

Debt

Credit Cards	\$
Student Loans (<i>self, family</i>)	\$
Home Equity Loans	\$
Other	\$

Tax Considerations

Income (<i>federal, state, local</i>)	\$
Property Tax	\$
Capital Gains/Dividends	\$
Other	\$

Insurance

Life	\$
Auto	\$
Homeowner's/Renter's	\$
Health/Dental	\$
Other	\$

Miscellaneous

Professional Services	\$
Dues (<i>memberships</i>)	\$
Childcare	\$

Subtotal A \$

Discretionary Budget Items (B)

Household Expenses

Home Improvement	\$
New Purchases	\$
Cable TV	\$
Internet	\$
	\$

Meals

Dining Out	\$
Entertaining	\$
	\$

Debt

	\$
	\$
	\$
	\$

Tax Considerations

Charitable Contributions	\$
Gifts	\$
Capital Gains/Dividends	\$
Other	\$

Insurance

Long-term Care	\$
Other	\$
	\$
	\$

Miscellaneous

Professional Services	\$
	\$
	\$

Subtotal B \$

Transfer Subtotal A and Subtotal B to their spaces on the next page.

Monthly budget worksheet

Essential Budget Items (C)

Leisure & Hobbies

	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Personal Care

Clothing (<i>purchase/cleaning</i>)	\$
Products/Maintenance	\$

Healthcare & Wellness

Medicare	\$
Medical/Supp. Insurance	\$
Out-of-Pocket Copayments	\$
Dental/Vision/Hearing	\$
Eye Doctor/Glasses	\$
Medical Equipment	\$
Prescription and OTC drugs	\$
Other	\$

Transportation

Car Payments	\$
Maintenance/Fuel	\$
Taxes, Registration, etc.	\$
Other (<i>bus/train/airfare</i>)	\$

Subtotal C	\$
Subtotal A (from prev. page)	\$
Total Essential Budget	\$

Discretionary Budget Items (D)

Leisure & Hobbies

Health Club (<i>exercise classes</i>)	\$
Vacation/Travel	\$
Dining	\$
Movies, Theater, Rentals	\$
Education	\$
Other (<i>books, hobbies</i>)	\$
Discretionary spending	\$
Gifts and Holidays	\$

Personal care

The Extras	\$
Products/Maintenance	\$

Healthcare & Wellness

Out-of-Pocket Copayments	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

Transportation

Discretionary Travel	\$
Vacations	\$
Upgrades	\$
Other	\$

Subtotal D	\$
Subtotal B (from prev. page)	\$
Total Discretionary Budget	\$

Monthly Income Sources

(net of taxes)

Pension/IRAs	\$
401(k)/403(b)/457(b)	\$
Social Security	\$
Dividends/Interest	\$
Alimony/Child Support	\$
Employment	\$
Royalties	\$
Real Estate (<i>rental income</i>)	\$
Other	\$

Total Monthly Income	\$
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Total Essential Budget	\$ _____
+	
Total Discretionary Budget	\$ _____
=	
Total monthly expenses	\$ _____

Total monthly income	\$ _____
-	
Total monthly expenses	\$ _____
=	
Funds available	\$ _____