



Budget worksheet

Monthly net income (after taxes and payroll deductions)

Monthly savings and investments (from net pay)¹

IRA contributions _____
Taxable investments _____
Bank savings additions _____

Total monthly savings/investments (from net pay)

Monthly expenses

Home

Mortgage/rent _____
Homeowners or renter's insurance _____
Home owners association or condo dues _____
Heating and cooling and electric/utilities _____
Cable, internet, phone, streaming services _____
Housecleaning/landscaping _____
Debt repayment (student loan, credit card, etc.) _____

Transportation

Car payments _____
Car insurance _____
Gasoline _____
Public transit/ride shares/taxis _____
Parking/tolls _____

Lifestyle

Clothing and décor _____
Hobbies _____
Fitness memberships _____
Entertainment _____
Other _____

Family

Child-care/education _____
Child extracurriculars _____
Other family support _____

Food and household essentials

Groceries _____
Meals out and delivery _____
Household essentials (toiletries, cleaning, etc.) _____

Life and health (if not deducted from paycheck)

Health care premiums _____
Out-of-pocket expenses _____
Other medical _____
Life insurance premiums _____

Total monthly expenses

Yearly expenses

Property taxes (if not included in mortgage payment) _____
Car maintenance _____
Home maintenance _____
Travel _____

Total yearly expenses

Summary

Total yearly expenses (divided by 12) _____
(+) Total monthly expenses _____
(=) Average monthly expenses _____
Monthly net income _____
(-) Savings/investments additions (from net pay) _____
(-) Average monthly expenses _____
(=) Monthly surplus/deficit _____

¹To calculate your savings rate, add up all monthly investments/savings additions plus monthly employee and employer 401(k) contributions (from gross pay). Then, divide that figure by gross monthly income. Gross income and 401(k) contributions can typically be found on pay statements provided by your employer. Boosting your 401(k) deferral percentage will increase your savings rate but may reduce your net income and monthly surplus.

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