

Financial Wellbeing

Expense and Income Worksheet



Household expenses are categorized into essential and discretionary. Since many expenses are variable, such as utilities and groceries, it is important to average these expenses. Other expenses are periodic (such as insurance or vehicle registration). Again, calculate the annual amount and divide by 12.

Essential Expenses

Category	Expense	Average per month	Goal per month
Housing	Rent/Mortgage		
	2nd Mortgage/Equity Line		
	Homeowner's/Renter's Insurance		
	Condo Fees/HOA Dues		
	Home Maintenance/Monitored Alarm		
	Lawn/Garden/Pool		
	Gas/Electric		
	Water/Sewer/Garbage		
	Internet/Cable/Satellite		
	Landline/Cell Phone		
Food	Groceries/Household Items		
	At Work/School		
Insurance <small>(exclude payroll deducted amounts)</small>	Health/Dental/Vision		
	Life/Disability		
Medical Care <small>(exclude payroll deducted amounts)</small>	Doctor/Chiropractor		
	Optometrist/Lenses		
	Dentist/Orthodontist		
	Prescriptions		
Transportation <small>(exclude payroll deducted amounts)</small>	Vehicle Payment #1		
	Vehicle Payment #2		
	Auto Insurance		
	Registration		
	Gasoline/Oil		
	Maintenance/Repairs		
	Public Transportation/Tolls/Parking		
Child Care <small>(exclude payroll deducted amounts)</small>	Daycare		
	Child Support/Alimony		
Miscellaneous	Banking Fees		
	Union Dues		
Income Taxes	Federal/State Tax Repayment		
	Estimated Tax Payments (Self-Employed)		
Savings	Emergency		
	Goals		
Total Essential Expenses			

Discretionary Expenses

Category	Expense	Average Per Month	Goal Per Month
Personal	Beauty/Barber		
	Clothing/Jewelry		
	Laundry		
	Cosmetics/Manicure		
Entertainment	Movies/Concerts/Theater		
	Books/Magazines		
	CD/DVD		
	Dining Out		
	Sports/Hobbies		
	Vacation/Travel		
	Other		
Miscellaneous	Tuition/Lessons		
	Pet Care		
	Postage		
	Holiday/Birthday/Gifts		
	Cigarettes/Alcohol		
	Charity/Religious Contributions		
	Other		
	Other		
Total Discretionary Expenses			

Monthly Income

Enter your gross and net (after taxes) income from all sources. For income received infrequently, such as bonuses or tax returns, calculate the annual income, then divide by 12 to find the monthly amount.

Source	Yours	Spouse/Partner
Income Source/Employer		
Part-time Employer/Second Job		
Retirement/Pension		
Child Support/Alimony		
Social Security		
Food Stamps		
Unemployment Insurance		
Support from Family/Friends		
Rental Income		
Other Income (variable or periodic)		
Total Monthly Income		