

SNAPSHOT: Monthly Income & Expenses

Date: _____

EXPENSES

MONTHLY AVERAGE

Money for Savings/Investments \$ _____

Rent/Mortgage/Property Tax/Home Insurance \$ _____

Home Repairs and Maintenance (Monthly Average) \$ _____

Auto Loan Payments and Auto Insurance \$ _____

Auto Repairs and Maintenance (Monthly Average) \$ _____

Gasoline/Parking/Public Transportation \$ _____

Electric \$ _____ NatGas \$ _____ Cable \$ _____ Internet \$ _____

Water \$ _____ Garbage \$ _____ Phone \$ _____ Cell \$ _____

TOTAL UTILITIES \$ _____

Groceries and Household Supplies (Average) \$ _____

Meals Out/Snacks/Coffee (Average) \$ _____

Tobacco/Alcohol (Average) \$ _____

Self Care (Haircut, Massage, Manicure, Cosmetics, Etc) \$ _____

Entertainment/Recreation/Hobbies/Sporting Activities \$ _____

Clothing Purchases and Dry Cleaning (Monthly Average) \$ _____

Dependent Care (Expenditures for Children and/or Pets) \$ _____

Medical/Dental/Therapy/Prescriptions (Monthly Average) \$ _____

Insurance Premiums (Medical, Disability, Life) \$ _____

Vacations/Travel (Monthly Average) \$ _____

Gifts to Others/Charity (Monthly Average) \$ _____

What else? _____ \$ _____

What else? _____ \$ _____

LIVING EXPENSES \$ _____

UNSECURED DEBTS

Credit Card Debts Minimum Monthly Payment \$ _____

Total Amount Owed \$ _____

Student Loans & Other Debts Minimum Monthly Payment \$ _____

Total Amount Owed \$ _____

UNSECURED DEBT PAYMENTS \$ _____

(Living Expenses \$ + Unsecured \$) **TOTAL MONTHLY EXPENSES** \$ _____

INCOME

MONTHLY AVERAGE

#1 Wages After Taxes	\$ _____
#2 Wages After Taxes	\$ _____
Commissions/Tips (Average)	\$ _____
Investments/Trusts (Dividends, Interest, Rent, etc)	\$ _____
Pension/Retirement/Social Security	\$ _____
Unemployment Benefits/Food Stamps	\$ _____
Child Support/Alimony	\$ _____
What else? _____	\$ _____
What else? _____	\$ _____
TOTAL MONTHLY INCOME	\$ _____

COMPARE MONTHLY INCOME & EXPENSES

TOTAL INCOME \$ _____

Subtract TOTAL EXPENSES \$(_____)

NET \$ _____

If your income is *less* than your expenses ... you have *two* choices:

- Reduce your expenses
- Earn additional income

If your income is *greater* than your expenses ... you have *many* choices:

- Freedom from financial insecurity
- Increased expenditures for yourself or others
- Savings for the near-term and long-term future

***Accurate financial information is liberating.
Truthful awareness of the movement of money in your life
will provide the foundation for financial well-being.***