



How to Manage Debt

Creating Your Own Spending Plan

Use this worksheet to see how much money you spend this month. Then, use this month's information to help you plan next month's budget.

Some bills are monthly and some come less often. If you have an expense that does not occur every month, put it in the "Other expenses this month" category.

My income this month

Paychecks (salary after taxes, benefits, and check cashing fees)	\$
Other income (after taxes) for example: child support	
Total monthly income	\$

My expenses this month

HOUSING	Rent or mortgage	\$
	Renter's insurance or homeowner's insurance	
	Utilities (like electricity and gas)	
	Internet, cable, phone	
	Other housing expenses (like property taxes)	

FOOD	Groceries and household supplies	\$
	Meals out	
	Other food expenses	

TRANSPORTATION	Public transportation and taxis	\$
	Gas for car	
	Parking and tolls	
	Car maintenance (like oil changes)	
	Car insurance	
	Car loan	
	Other transportation expenses	

My expenses this month

HEALTH	Medicine	\$
	Health insurance	
	Other health expenses (like doctors' appointments and eyeglasses)	

PERSONAL AND FAMILY	Child care	\$
	Child support	
	Money given or sent to family	
	Clothing and shoes	
	Laundry	
	Donations	
	Entertainment (like movies and amusement parks)	
	Other personal or family expenses (like beauty care)	

FINANCE	Fees for cashier's checks and money transfers	\$
	Prepaid cards and phone cards	
	Bank or credit card fees	
	Other fees	

OTHER	School costs (like supplies, tuition, student loans)	\$
	Other payments (like credit cards and savings)	
	Other expenses this month	

Total monthly expenses \$

<input style="width: 100%;" type="text"/>	–	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>
Income		Expenses		

Maybe your income is more than your expenses. You have money left to save or spend.

Maybe your expenses are more than your income. Look at your budget to find expenses to cut.