

# Your Budget: The First Steps to Financial Wellness

This helpful budgeting worksheet is taken directly from the International Foundation's Money Matters: Your Budget e-learning course. The first step in retirement planning is often developing a personal financial plan. Use this budgeting worksheet to get started!



## YEARLY INCOME

<b>Salary/Wages</b>	_____	<b>Interest/Dividends</b>	_____	<b>TOTAL MONTHLY INCOME</b>	[ ]
<b>Tips/Commissions</b>	_____	<b>Gifts</b>	_____		
<b>Alimony/Child Support</b>	_____	<b>Other</b>	_____	<b>TOTAL YEARLY INCOME</b>	[ ]
<b>Social Security (U.S.)/ CPP/QPP (Canada)</b>	_____	_____	_____		
<b>Rents</b>	_____	_____	_____		
_____	_____	_____	_____		

## MONTHLY EXPENSES

<b>Savings Allocations</b>		<b>Health Care</b>		<b>Taxes</b>	
Emergency Fund	_____	Health Insurance (U.S.)	_____	Federal Income Tax	_____
Retirement	_____	Extended Health Benefits (Canada)	_____	State/Provincial/Local Taxes	_____
Other	_____	Doctor Bills	_____	Social Security	_____
	_____	Dental Bills	_____	Other	_____
	_____	Eye Care	_____	<b>Miscellaneous</b>	
	_____	Prescriptions	_____	Alimony/Child Support	_____
	_____	Other	_____	Allowance for Children	_____
<b>Housing</b>		<b>Clothing and Personal Care</b>		Checking Acct. Fees	_____
Mortgage/Rent	_____	Clothes/Accessories	_____	Child Care	_____
Property Taxes	_____	Laundry/Dry Cleaning	_____	Charity	_____
Homeowners/Rental Insurance	_____	Hairstyling, Cuts, etc.	_____	Debt Payments	_____
Gas/Oil	_____	Cosmetics/Toiletries	_____		_____
Electricity	_____	Other	_____		_____
Water/Sewer	_____	<b>Education and Personal Business</b>		Disability Insurance	_____
Maint./Repair	_____	Tuition/Fees	_____	Life Insurance	_____
Other	_____	Books/Supplies	_____	Gift/Holiday Expenses	_____
	_____	Dues/Subscriptions	_____	Pet Care	_____
	_____	Other	_____	Telephone/Internet	_____
	_____	<b>Recreation and Entertainment</b>		Travel/Vacation	_____
<b>Transportation</b>		Books/Newspapers/Magazines	_____	<b>TOTAL MONTHLY EXPENSES</b>	[ ]
Vehicle Payments	_____	Cable/Satellite TV	_____	<b>TOTAL YEARLY EXPENSES</b>	[ ]
Vehicle Insurance	_____	Equipment/Toys	_____		
Registration/Licenses	_____	Movie/Event Tickets	_____		
Maint./Repair	_____	Music	_____		
Gas	_____	Other	_____		
Parking/Tolls	_____		_____		
Bus/Subway/Taxis	_____		_____		
Other	_____		_____		
	_____		_____		
<b>Food</b>			_____		
Groceries	_____		_____		
Snacks/Meals Out	_____		_____		

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