

Monthly Spending Plan

Expenses	Plan	Actual	Comments
Rent/Mortgage			Approx. 25-30% of income
Utilities			Unplug when not in use
- Electricity			
- Heating Oil/Gas			
- Water/Sewer			
- Cable/Satellite			
- Home Phone/Internet			
- Cell Phone			
- Garbage			
Debt repayment			Try to minimize; pay off debt
- Loan/credit card 1			
Insurances			
- Car			
- House/Rental			
- Life			
- Health			
Medical copays/prescriptions			
Transportation			
- Car payment			
- Gas			
- Maintenance/repairs			
- Public Transportation			
Food			
- Groceries			As a minimum, use \$250 per adult/\$85 per child
- Eating Out			
Pets			
- Food		3	
- Vet			
Household maintenance & items			
Personal care (hair, cosmetics, etc.)			
Clothing, laundry, cleaning			
Charity			
Entertainment (movie rentals, travel, events, hobbies)			
Gifts (Christmas, birthdays, etc.)			
Savings			
Miscellaneous			
Subtotal			
Income			
Expenses			
Difference +/-			
Instructions:			
1. Use last month's or previous bills to get you started.			
2. Adjust for yearly/quarterly or seasonal variations where it makes sense			
e.g. , utilities, insurance			
3. Use actual amounts paid each month until you're comfortable.			
4. If your income is less than expenses, look at controllable expenses you can reduce.			
5. Seek help if you need it.			