

MONTHLY INCOME AND EXPENSES WORKSHEET

My Income			My Expense	
			Fixed Expenses	
Wages*	\$		Rent/Mortgage	\$
Public Assistance	\$		Property Taxes/Insurance	\$
Social Security	\$		Trash Collection	\$
Unemployment	\$		Cable / Satellite	\$
Child Support/Alimony	\$		Car Payments	\$
Financial Aid	\$		Car Insurance	\$
VA Benefits	\$		Other loan payments	\$
Tribal Stipend	\$		Health Insurance	\$
Food Stamps	\$		Day Care/Elder Care	\$
Public Housing Assistance	\$		Court Fees	\$
Day Care Vouchers	\$		Child Support	\$
Free Lunch Assistance	\$		Alimony	\$
Vocational Rehabilitation	\$			
Other Assistance	\$			
			Flexible Expenses	
			Savings	\$
			Gas/Oil	\$
			Electricity	\$
			Water	\$
			Telephone/Cell phone	\$
			Food - Groceries	\$
			Dining Out/Coffee	
			Transportation/Gas	\$
			Car Maintenance	\$
			Education	\$
			**Personal Expenses	\$
			Pet (food,medical, etc)	\$
			Entertainment	\$
			Travel	\$
			Child School/Activity Exp.	\$
			Other Flexible Expenses	\$
Total Income	\$ _____		Total Expenses	\$ _____

*Wages after FICA, Fed & State Taxes

**Hair, clothing, dry cleaning,

Handout 5.4B