

WEEK OF:

Income Worksheet

Sources of income	Amount Received
Wages/Salary	
Self-employment	
Child support	
Social security	
Public assistance	
Pension	
Interest/dividends	
Other:	
Other:	
Other:	
Other:	
Total Income	



Step 1: Now that you have established spending goals for yourself, keep writing down all your weekly income and expenses.

Step 2: As you write down your expenses, keep comparing how much you actually spend with your spending goals. If you spend more than your goal, try to spend less next week.

Remember! Having clear spending goals and reviewing your spending plan with these goals in mind will help you balance your budget.

Expense Worksheet

Expenditures	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Total	Weekly Goal
Rent/Mortgage									
Electricity									
Telephone									
Child care									
Cable/Internet									
Health insurance									
Credit/loan pymts									
Groceries									
Transportation									
Gasoline									
Cleaning supplies									
Clothing									
Medical expenses									
Meals out									
Entertainment									
Personal care									
Education/books									
Laundry/detergent									
Other:									
Other:									
Other:									
Other:									
Total									

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