

This **sample** budget worksheet has numbers filled in. For a blank form that you can fill in, go to p. 2 of this document.

Important:

1. In this example—as in real life—some expenses occur weekly while others occur once a year.
2. Notice that the main source of income is earned weekly, but our chart asks us to keep track of totals by month (“Monthly Budget Amount” and “Monthly Actual Amount”). Remember to multiply the weekly income by four to get your monthly income.
3. In this example, the person budgeted to spend \$8.00 more each month. That is why we show \$8.00 in the final “Difference” cell of our chart.

Category	How Often	Monthly Budget Amount	Monthly Actual Amount	Difference
INCOME				
Wages/Income	Weekly	\$75.00	\$75.00	\$0.00
Interest Income (e.g., from your savings account)	Monthly	\$ 1.75	\$ 1.75	\$0.00
INCOME SUBTOTAL		\$301.75	\$301.75	\$0.00
EXPENSES				
Groceries/Food		\$120.00	\$120.00	\$0.00
Clothing	monthly	\$50.00	\$ 40.00	\$10.00
Shopping				
Entertainment				
CDs	6 times/year	\$12.00	\$ 9.00	\$3.00
Movies	2 times/month	\$30.00 (including treats)	\$35.00	-\$5.00
Concerts	1 time/year			
Magazines				
Long-term Savings		\$0.00		
Emergency Savings		\$0.00		
Tax-deductible Expenses		\$0.00		
Miscellaneous/Other		\$0.00		
EXPENSES SUBTOTAL		\$212.00	\$204.00	\$8.00
NET INCOME (Income – Expenses)		\$89.75	\$97.75	\$8.00

