

Track Your Spending Worksheet

Fixed Expenses (they're essentially the same every month):

1. Health Insurance:
2. Rent or Mortgage:
3. Car Insurance:
4. Car Payment:
5. Homeowners insurance:
6. Life insurance:
7. Electric Bill:
8. Cable/Internet Access:
9. Water Bill:
10. Natural Gas or Propane:
11. Telephone:
12. Groceries:
13. How much money do you put away into savings, pensions, etc?
14. How much do you pay in property taxes a year? (divide by 12 to get a monthly figure)
15. How much do you pay in federal & income tax a year? (divide by 12 to get a monthly figure)

Next, **pay close attention to how much you spend for at least one month.** Every time you spend money in one of the following categories, write it down so that you can get a monthly average. This can be a real eye opener! Make sure that everyone who spends money or pays bills in your family is involved in this process. If you want to have more accurate numbers, keep track of your expenses for two or even three months and then figure the average (use the back of the sheet or another piece of paper for more space).

1. Food (groceries, eating out, ordering pizza, etc). **Total:**_____

2. Housing (mortgage, rent, home repairs, etc). **Total:**_____

3. Personal expenses (clothes, toothpaste, etc). **Total:**_____

4. Gas or public transportation costs. **Total:**_____

5. Prescription Drugs. **Total:**_____

6. Entertainment. **Total:**_____

7. Misc. **Total:**_____

Finally, looking at the above numbers, **can you find places where you can cut back?** Would it make sense to quit smoking or to sell a car? Do you really need that cell phone? Do you order out too much? Try to think about what you can live without and list it here.