

Monthly expenses worksheet

Needs + wants + debt payments = what you spend in a month. Use a typical month; rough figures are fine.

① NEEDS

What you have to pay every month: housing, food, transport, insurance. Leave debt payments out; they go in group 3.

Housing: rent, property tax, repairs	\$
Utilities, phone, internet	\$
Food: groceries	\$
Transport: fuel, fares, parking	\$
Insurance: health, car, home	\$
	\$
	\$

Needs, total \$

② WANTS

Everything else you spend in a month.

Eating out and takeaway	\$
Subscriptions and streaming	\$
Entertainment and hobbies	\$
Shopping and clothes	\$
Travel and gifts	\$
	\$
	\$

Wants, total \$

③ DEBT PAYMENTS

The monthly payment you actually make on each debt: credit cards, loans, a mortgage.

Credit card	\$
Car loan	\$
Student loan	\$
Mortgage	\$
Personal loan	\$
	\$

Debt payments, total \$

+ YEARLY AND OCCASIONAL COSTS

Write the yearly total, divide it by 12, and add the result to a line in group 1 or 2.

COST	PER YEAR	÷ 12	GOES IN
Paid once a year: insurance, a membership			Needs / Wants
Now and then: car repairs, medical, gifts			Needs / Wants
			Needs / Wants
			Needs / Wants

Needs \$ + Wants \$ + Debt payments \$

= What I spend in a month \$

HOW MANY MONTHS WOULD MY SAVINGS COVER?

Savings I could reach within a few days (no retirement accounts or investments) \$

Savings ÷ what I spend in a month = months covered \$

Round down: to one decimal under ten months, to whole months from ten up.

To aim for \$ months: that many × what I spend in a month = \$