

Monthly Expenses Worksheet

How do you typically spend your money? In other words, how do you live your life every month? The following worksheet divides spending into fixed and flexible expenses:

Fixed expenses. These are expenses that you must pay regularly as part of your basic needs. If an expense occurs every month but the amount varies from month to month, enter a typical amount.

Flexible expenses. These are items or activities that either don't occur every month, or that you can control how much to spend and when to spend it.

As you complete this chart, you must decide whether each of your expenses is a "fixed expense" or a "flexible expense." If the expense is "fixed," put the amount in Column A. If the expense is "flexible," put the amount in Column B.

- **Record an expense in Column A ("Fixed")** if there is no reasonable way to change the amount you are spending for this item. One example of a fixed expense might be your rent.
- **Record an expense in Column B ("Flexible")** if there's a possibility you could change the amount you're spending. Movie and restaurant expenses might belong in the "flexible" column.

| Expense Category | Expense Item | A Current Fixed Expenses | B Current Flexible Expenses | | |
|------------------|-----------------------------|-----------------------------|--------------------------------|--|--|
| SAMPLES | | | | | |
| Entertainment | Restaurants | | \$200 | | |
| Food | Rent | \$600 | | | |
| Food | Water/Sewer | \$50 | | | |
| Housing | | | | | |
| | Rent or Mortgage | | | | |
| | Maintenance or Condo Fee | | | | |
| | Lawn and Gardening Expenses | | | | |
| | Housing Cleaning Expenses | | | | |
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