

Many of the people we help at DebtStoppers first come to see us without a clear picture of where they stand financially. They know they're having trouble making ends meet, but they don't know exactly why. And most have never written a family budget. That just doesn't work! You wouldn't take a cross-country car trip without a roadmap, and you can't navigate your way out of debt without a budget. So take a few minutes to start creating your roadmap to financial freedom. Take the **DebtStoppers** Budget Challenge!

### **Directions**

1. Print your own copy of this simple budget form.
2. Fill it out. Take your time. Don't leave anything out!
3. Do you have a budget shortfall? Do you see things you can do without in the expenses section. Are there ways you can augment your income?
4. Stuck or confused? Why not set up an appointment for a free debt analysis at **DebtStoppers**? Bring your budget form with you. Together, we'll come up with a plan for your family - a roadmap to financial freedom.

<b>Income</b>	
(Estimate of average or projected income)	
Monthly gross wages, salary, and commissions (Prorate if not paid monthly)	\$
Estimate monthly overtime	\$
<b>SUBTOTAL</b>	<b>\$</b>
Less Payroll Deductions	\$
a. Payroll taxes and social security	\$
b. Insurance	\$
c. Union dues	\$
d. Other (Specify):	\$
<b>SUBTOTAL of Payroll Deductions</b>	<b>\$</b>
<b>TOTAL NET MONTHLY TAKE HOME PAY</b>	<b>\$</b>
Regular income from operation of business or profession or farm	\$
Income from Real Estate	\$
Interest and dividends	\$

Income from alimony, maintenance or support payments	\$
Income from social security or government assistance	\$
Pension or retirement income	\$
Other monthly income	\$
Average Monthly Income	\$
<b><i>Expenses</i></b>	
(Estimate of average or projected monthly expenses)	
Rent or home mortgage payment - Include real estate taxes and property insurance	\$
Utilities	
a. Electricity and Heating Fuel	\$
b. Water and Sewer	\$
c. Telephone	\$
d. Other (Specify):	\$
Home Maintenance (repairs & upkeep)	\$
Food	\$
Clothing	\$
Laundry and Dry Cleaning	\$
Medical and Dental Expenses	\$
Transportation (not including car payments)	\$
Recreation, clubs and entertainment, newspapers, magazines, etc.	\$
Charitable contributions	\$
Insurance (not deducted from wages or included in home mortgage payments)	
a. Homeowner's or renter's	\$
b. Life	\$
c. Health	\$
d. Auto	\$
e. Other	\$
Taxes (not deducted from wages or included in home mortgage payments)	\$

Installment payments:	
a. Auto	\$
b. Credit Cards	\$
c. Other	\$
d. Other	\$
Alimony, maintenance, and support paid to others	\$
Payments for support of additional dependents not living at your home	\$
Regular expenses from operation of business, profession, or farm	\$
Other	\$
Average Monthly Expenses	\$
Monthly Net Income (Gross Income Less Expenses	\$