



**FIRST
NATIONAL
BANK**
OF TENNESSEE

Budgeting Worksheets



Building: Knowledge, Security, Confidence

FDIC Financial Education Curriculum

Income and Expense Worksheet

My Income

Wages \$ _____
Public Assistance \$ _____
Child Support /Alimony \$ _____
Interest/Dividends \$ _____
Social Security \$ _____
Other \$ _____

Total Income \$ _____

My Expenses

Fixed Expenses

Rent/Mortgage \$ _____
Property Taxes \$ _____
Insurance \$ _____
Trash Collection \$ _____
Car Payment \$ _____
Car Insurance \$ _____
Other Loan Payments \$ _____
Health Insurance \$ _____
Day Care/Elder Care \$ _____

Flexible Expenses

Savings \$ _____
Gas/Oil \$ _____
Electricity \$ _____
Water \$ _____
Telephone \$ _____
Food \$ _____
Transportation/Gas \$ _____
Car Maintenance \$ _____
Education \$ _____
Personal Expenses \$ _____
Other \$ _____

Total Expenses \$ _____

*Remember to plan for income and expenses that do not occur on a monthly basis.

Tips to Decrease Spending

- Carry only small amounts of cash in your wallet so you won't spend it.
- Use direct deposit. You will be less likely to spend money if it goes straight into your account.
- Control your use of credit cards.
- Don't go shopping just for fun.
- Take your written savings goal with you as a reminder.
- Buy only what you need- don't buy things just because they are on sale.
- Use coupons to save money.
- Use a grocery shopping list to prevent impulse buying.
- Take your lunch to work instead of eating out.
- Shop around to get the best deal for big-ticket items like cars and appliances.
- Pay your bills on time to avoid late fees, extra finance charges, utilities being turned off, eviction, repossessions and the costs associated with a bad credit rating.