

Estimate Your Monthly Expenses

LIVING EXPENSES	Monthly Cost
Housing e.g., mortgage payments, rent, insurance, property tax	
Utilities e.g., gas, water, electricity, telephone, cable	
Food/Groceries/Meals	
Transportation e.g., car payments, gas, car insurance, maintenance	
Personal e.g., clothing, haircuts, dry cleaning, toiletries	
Health Care e.g., medical insurance, vision/dental, prescriptions and other out-of-pocket expenses	
Additional Insurance Life, Disability, & Long-Term Care Insurance	
Other	
MONTHLY LIVING EXPENSES	

LIFESTYLE EXPENSES	Monthly Cost
Entertainment e.g., movies, theater, sporting events and restaurants	
Travel & Recreation e.g., hotels, airfare and camping/RV/boat expenses	
Memberships e.g., golf, club dues, health club and yoga	
Giving Religious giving, gifts, and donations	
Other	
MONTHLY LIFESTYLE EXPENSES	
Monthly Living Expenses	
Monthly Lifestyle Expenses	
Total Expenses (Monthly Living + Lifestyle)	

Estimate Your Monthly Income

Provider	SOURCE OF INCOME (Salary, Wages, Side Hustles/1099 income, Alimony, Child Support)	MONTHLY AMOUNT*
	TOTAL INCOME	