



credit&debtsolutions

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These pages are designed to allow you an opportunity to document your own financial life and to see for yourself where your money goes. There are no right or wrong amounts, however the total percentage is intended to show you areas where you might be overspending.

Before you begin the process of looking at your household in terms of spending, it's important to understand that you need to evaluate yourself in terms of available income only. After all, that is what you will be working with. Your available income is best described as a re-occurring infusion of a consistent amount of cash; in other words, these are amounts you can reasonably count on.

Some examples of available income are:

- Pay cheques earned by you and your partner
- Family allowance
- Rental income
- Court ordered and enforced child support or alimony payments.

There may be other examples in your household as well; the key question to ask yourself is if the amounts are consistent and if the arrival is regular.

Many households have other sources of income as well. However because of their very nature it's not a good idea to consider them as part of your available income for planning purposes. Typically, the amounts fluctuate, are not guaranteed and the duration cannot be assured.

Some examples of household income, which cannot be considered as "available income" for budgeting purposes, are:

- Income tax refunds
- GST/HST rebates
- Winnings

- Gifts and modest inheritances
- Insurance settlements
- Rebates
- Government grants & subsidies
- Sale of assets

There may be other examples of this type of income in your household as well.

You start the calculation process by establishing or determining your available income.

Next you list expenses you must incur in order to allow this amount to exist in the first place – in other words your work expenses.

We have decided to separate work expenses from other cost at the outset of our budget planning exercise. We did this because individual situations vary greatly. Some examples of work expenses are:

- Daycare
- Professional Dues & Fees
- Parking
- Bus & Taxi fares
- Special clothing

There may be other examples in your work-life as well. The key question to ask yourself is if the expense relates directly to your work or your ability to earn your pay-check.

Next you need to **subtract** your work expenses from your available cash. The resulting amount equals your net income.

You not evaluate your spending using the recommend percentages, in terms of your net income.

Household and Personal Expense Listing

The total of all expenses related to the House you live in should be below **33%** of your monthly net income.

Item	Amount
Mortgage/Rent/Board	
Property tax/Water tax	
Heat	
Hydro	
Insurance	
Maintenance of Grounds	
Furnishing/Appliances	
Cable TV	
Communications (Cell phones & Landlines)	
Credit payments for house related items	
Household cleaners/Supplies	
Other	
Other	
Other	
Total Housing	

The total of all expenses for the Food you consume should be below **18%** of your monthly net income.

Item	Amount
Purchased food	
Meals out	
Meals at work	
Food & non alcoholic drink "on the run"	
Other	
Other	
Other	
Total Food	

The total of all your Clothing expenses should be below **8%** of your monthly net income.

Item	Amount
Purchases	
Laundromat	
Tailoring services	
Laundry room supplies	
Dry Cleaners	
Other	
Total Clothing	

The total of all your transportation expenses should be below 15% of your monthly net income.

Item	Amount
Public transit	
Taxis	
Vehicle loan payments (s)	
Insurance	
Licensing	
Repairs	
Maintenance	
Parking	
Cleaning	
Parking & other tickets & fines	
Gasoline	
Driver's License	
Other	
Other	
Total Transportation	

The total of Relationship, Recreation and Education expenses should be below 15% of your monthly net income.

Item	Amount
Travel – (Misc)	
Vacations	
Club memberships	
Entertainment	
Sports & Athletics	
Recreation	
Occasional sitters	
Pets	
Charity	
Church	
School supplies	
School costs	
Occasional sitters	
Social causes	
Christmas	
Occasional gifts	
Children's allowances	
Newspapers	
Subscriptions	
Film development	
Art & Hobbies	
Other	
Other	
Other	
Total	

The total of Health and Personal Care expenses should be below 4% of your monthly net income.

Item	Amount
Medical services	
Dental services	
Prescription drugs	
Medicine cabinet supplies	
Personal care products	
Bathroom supplies	
Other	
Other	
Other	
Total Health & Personal Care	

The total of your Alcohol and Tobacco expenses should be below 7% of your monthly net income.

Item	Amount
Purchased alcohol	
Tobacco	
Lounge/pub/club	
Other	
Other	
Other	
Total Alcohol and Tobacco	