



ACTUAL MONTHLY COST OF LIVING

Expenses paid every month (estimate cost per month)

Housing expenses

- Rent or mortgage _____
- Condominium fees or taxes _____
- Power, water, sewage _____
- Heating costs _____
- Telephone _____
- Cable _____

Food

- Groceries and "non-food" _____
- Restaurants and fast food _____

Clothing

- Monthly purchases _____
- Dry cleaning _____

Transportation

- Car loan or lease _____
- Gas and oil _____
- Parking _____
- Bus/Taxi _____
- Car insurance (monthly) _____

Medical and Insurance

- Health care _____
- Life insurance (monthly) _____
- Prescriptions _____

Recreation

- Entertainment/sports/hobbies _____
- Liquor and cigarettes _____
- Babysitting _____

Contributions

- Church and charities _____

Miscellaneous

- Child support _____
- Daycare _____
- Personal care and hair _____
- Personal allowances _____
- Bank service charges _____
- Books and magazines _____
- Newspaper _____
- Other (specify) _____

Savings and Investments

Total Monthly Debt Payments

Monthly Expense Total \$ _____

Add: Monthly amount for irregular expenses \$ _____

Equals: Total monthly cost of living \$ _____

IRREGULAR EXPENSES

Expenses paid quarterly, semi-annually, annually, or irregularly (estimate cost per year)

Medical

- Dental _____
- Optical _____
- Specialists _____

Clothing

- Irregular purchase _____

Insurance (not paid monthly)

- Life and disability _____
- Home or tenant _____
- Car _____

Membership

- Union or professional _____
- Club dues _____

Car

- Registration _____
- Tune-ups and repairs _____

Housing

- Maintenance and repairs _____
- Decorating and furniture _____
- Property taxes _____
- Gardening _____

Recreation

- Sports equipment _____
- Children's programs/camps _____
- Vacations _____
- Season's tickets _____

Miscellaneous

- Christmas or celebrations _____
- Birthdays and other gifts _____
- Subscriptions _____
- School fees and supplies _____
- Professional services (Vet, etc.) _____
- Other _____

Irregular Expenses Total Per Year \$ _____

Divide by 12 (months) _____

Monthly Amount for Irregular Expenses \$ _____

What are Your Goals?

Short Term Goals

What is the one thing you want or hope to achieve in the next three months?

(i.e. Pay bills on time, start saving for an **emergency fund**, start planning for Christmas, establish a budget category for clothing and/or entertainment)

Medium Term Goals

What do you want to achieve in the next year?

(i.e. Pay off spouse's credit card debt; continue saving for an **emergency fund**)

Long Term Goals

What do you hope to achieve in the next five years?

(i.e. Pay off all spousal credit card debt, get additional education, start a business, start to plan for long-term savings such as RRSPs)

Keep this list handy – you will want to look at it often to keep your dreams and goals alive!

Date

Name