

# FISCAL FITNESS®

## HOW MUCH ARE YOU REALLY WORTH? (Your Financial Statement)

<u>What You Own</u>	<u>Current</u>	<u>5-year plan</u>
<b>Liquid Assets</b>		
Checking Account . . . . . <small>(What you have in your account this very moment.)</small>	_____	_____
Savings Accounts . . . . . <small>(Credit Union accounts, Bank accounts, etc.)</small>	_____	_____
<b>Invested Assets</b>		
Life Insurance . . . . . <small>(Cash value, not the face value. How much will you get back if you were to cancel the policy)</small>	_____	_____
401 (k) . . . . .	_____	_____
IRA . . . . .	_____	_____
Investment Account . . . . .	_____	_____
Other accounts . . . . . <small>(Certificates of deposits, Annuities, etc)</small>	_____	_____
<b>Fixed Assets</b>		
Residence . . . . . <small>(Approximate value if you were to sell your home today)</small>	_____	_____
Investment Property . . . . . <small>(Approximate value if you were to sell your property today)</small>	_____	_____
Automobile/s . . . . . <small>(Approximate value if you were to sell your car/s today)</small>	_____	_____
Personal Items . . . . . <small>(Approximate value if you were to sell your jewelry and other valuable belongings today)</small>	_____	_____
Other . . . . . <small>(Debt or loans other people owe you, etc)</small>	_____	_____
<b><u>What You Owe</u></b>		
Mortgage . . . . . <small>(First mortgage, outstanding equity lines, etc)</small>	_____	_____
Auto loans . . . . .	_____	_____
Credit Cards . . . . . <small>(The total amount owed, not monthly payments)</small>	_____	_____
Other Loans . . . . . <small>(Lines of credit, personal loans, student loans, etc)</small>	_____	_____
<b><u>Net Worth</u></b> . . . . .	_____	_____
<small>(What You Own - What You Owe = Net Worth)</small>		

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## Monthly Budget Worksheet

	<u>Yours</u>	<u>Your Spouse(if married)</u>
1. Salary .....	_____	_____
<small>(If your income fluctuates (commissions, tips, etc), use an average of the last three months)</small>		
2. Interest Income .....	_____	_____
<small>(Interest incomes includes income from savings, bonds, etc)</small>		
3. Dividends .....	_____	_____
<small>(Dividends include mutual fund distributions, partnerships, etc)</small>		
4. Other Income .....	_____	_____
<small>(Includes child support, alimony, etc. if you receive them)</small>		
<b>A. TOTAL INCOME PER MONTH (Add both spouses, if married) .....</b>	_____	_____
<small>(Add all income from all sources. If you're not sure, one way is to look at your most recent Tax Return form 1040.)</small>		
5. Tithe .....	_____	_____
6. Giving & other Charitable Contributions .....	_____	_____
7. All Taxes (Federal, State, FICA, etc) .....	_____	_____
<small>(If you're not sure, check your most recent Tax Return form 1040 or see what is withheld on your paystub)</small>		
<b>B. AMOUNT LEFT YOU CAN SPEND .....</b>	_____	_____

If expenses are paid on a quarterly, semi-annually, or annually, divide the total amount by the appropriate amount of months to obtain monthly amount. You can look into your credit card statements, check book ledger and cash receipts to get a feel of your spending habits.

	<u>Current Budget</u>	<u>New Budget</u>
1. Mortgage or Rent .....	\$_____ per month	\$_____ per month
2. Home Insurance .....	\$_____ per month	\$_____ per month
3. Real Estate Taxes .....	\$_____ per month	\$_____ per month
4. Electricity .....	\$_____ per month	\$_____ per month
5. Gas .....	\$_____ per month	\$_____ per month
6. Water and Sewage .....	\$_____ per month	\$_____ per month
7. Telephone .....	\$_____ per month	\$_____ per month
8. Long Distance/Cellular .....	\$_____ per month	\$_____ per month
9. Home Maintenance/Improvements .....	\$_____ per month	\$_____ per month
10. Cable/internet .....	\$_____ per month	\$_____ per month
11. Other .....	\$_____ per month	\$_____ per month
<b>C. TOTAL HOME EXPENSES PER MONTH ...</b>	\$_____	_____
1. Auto Loan Payments .....	\$_____ per month	\$_____ per month
2. Auto Gas .....	\$_____ per month	\$_____ per month
3. Auto Insurance .....	\$_____ per month	\$_____ per month
4. Auto License/Taxes .....	\$_____ per month	\$_____ per month
5. Auto Maintenance & Repair .....	\$_____ per month	\$_____ per month
6. Auto Replacement .....	\$_____ per month	\$_____ per month
<b>D. TOTAL AUTO EXPENSES PER MONTH ...</b>	\$_____	_____
<b>E. GROCERIES PER MONTH .....</b>	\$_____	_____
<b>F. CLOTHING PER MONTH .....</b>	\$_____	_____

1. Life Insurance premiums .....	\$_____ per month	\$_____ per month
2. Medical Insurance premiums .....	\$_____ per month	\$_____ per month
3. Other Insurance (Long Term, Cancer, etc) .....	\$_____ per month	\$_____ per month
<b>G. TOTAL INSURANCE PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

1. Credit Card Monthly Payments .....	\$_____ per month	\$_____ per month
2. Home Equity Line Payments .....	\$_____ per month	\$_____ per month
3. Other Loan Payments .....	\$_____ per month	\$_____ per month
<b>H. TOTAL DEBT PAYMENTS PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

1. Eating Out .....	\$_____ per month	\$_____ per month
2. Baby Sitters .....	\$_____ per month	\$_____ per month
3. Movies/Entertainment .....	\$_____ per month	\$_____ per month
4. Recreational Fees (Green fees, tickets, etc) .....	\$_____ per month	\$_____ per month
5. Recreational Equipment (Golf clubs, etc) .....	\$_____ per month	\$_____ per month
6. Vacation .....	\$_____ per month	\$_____ per month
7. Other .....	\$_____ per month	\$_____ per month
<b>I. TOTAL REC. EXPENSES PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

1. Medical (Doctor, Dentist, etc) .....	\$_____ per month	\$_____ per month
2. Pharmacy (Drugs, etc) .....	\$_____ per month	\$_____ per month
3. Medical Expenses (Contact lenses, etc) .....	\$_____ per month	\$_____ per month
4. Other medical .....	\$_____ per month	\$_____ per month
<b>J. TOTAL MEDICAL PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

1. Cosmetics (Toiletries, etc) .....	\$_____ per month	\$_____ per month
2. Beauty, Barber .....	\$_____ per month	\$_____ per month
3. Laundry, cleaning .....	\$_____ per month	\$_____ per month
4. Diapers/ Allowance .....	\$_____ per month	\$_____ per month
5. Subscriptions .....	\$_____ per month	\$_____ per month
6. Christmas Gifts .....	\$_____ per month	\$_____ per month
7. Other .....	\$_____ per month	\$_____ per month
<b>K. TOTAL MISCELLANEOUS PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

1. School Tuition .....	\$_____ per month	\$_____ per month
2. School Exp. (Books, Supplies, Trips, etc) .....	\$_____ per month	\$_____ per month
3. After School/Day Care .....	\$_____ per month	\$_____ per month
4. Other School Expenses .....	\$_____ per month	\$_____ per month
<b>L. TOTAL SCHOOL EXPENSES PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

1. Retirement Investments (401K, IRA, etc) .....	\$_____ per month	\$_____ per month
2. College Investments .....	\$_____ per month	\$_____ per month
3. Other .....	\$_____ per month	\$_____ per month
<b>M. TOTAL INVESTMENTS PER MONTH .....</b>	<b>\$_____</b>	<b>_____</b>

**N. ADDITIONAL SAVINGS PER MONTH .....** \$\_\_\_\_\_

**O. TOTAL EXPENSES PER MONTH .....** \$\_\_\_\_\_

(Add line C through line N)

**MONTHLY SURPLUS/DEFICIT = .....** \$\_\_\_\_\_

(Line B minus line O)