

# Estimated Monthly Expenses

For month of \_\_\_\_\_

**Instructions:** Think carefully about, and write down on this form, how much you estimate you will need to spend—over the one-month period shown above—for basic, necessary items in each of the nine categories below.

We recommend writing brief notes on the dotted lines to help you remember how you came up with the final figure for each category.

HOUSING.....\$ \_\_\_\_\_

FOOD..... \_\_\_\_\_

TRANSPORTATION..... \_\_\_\_\_

PHONE..... \_\_\_\_\_

CLOTHING..... \_\_\_\_\_

HEALTH AND GROOMING..... \_\_\_\_\_

DEBT/JUDGMENT PAYMENT..... \_\_\_\_\_

ENJOYMENT..... \_\_\_\_\_

OTHER..... \_\_\_\_\_

**TOTAL ESTIMATED MONTHLY EXPENSES: \$ \_\_\_\_\_**