

BUILDING BLOCKS STUDENT WORKSHEET

Categorizing expenses

To control your cash flow and follow a budget, it helps to understand and manage different types of expenses. Fixed expenses cost generally the same amount every month (like rent or a car payment), and variable expenses change month to month (like groceries or medical bills).

Instructions

1. Brainstorm monthly expenses that go into running a household. Think of your own family or adults you know. What bills might they pay?
2. List at least eight examples of monthly expenses in the "Monthly expenses" table.
3. Label each expense as fixed or variable.
4. Consider which of these expenses you could most easily reduce to save some money.

Monthly expenses	Mark F if fixed or V if variable
Groceries	V
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Reflection: Reducing expenses

If you want to save some money each month, which of the above expenses would be easier for you to reduce? Which expenses would be harder for you to reduce? Why?

How are your selections different from your classmates' choices? What might account for these differences?