

# Monthly budget

This tool is all about tracking your income and expenses to help you have more control over your money.

Before you can build a budget, you will need to track your income, resources, and expenses for at least one month. Use the "Income and benefits tracker" tool in Module 3 and the "Spending tracker" tool in Module 4 of the toolkit to help you get started. You'll need the information from both of these tools to create a budget.

## What to do

- **List your income and expenses** for the month.
- **Use your responses from the Income and benefit tracker tool and Spending tracker tool** in this guide to identify your monthly income and expenses.
- **Subtract your total spending from your total income** to build your budget.

## A step further

If it looks your expenses are more than your income and benefits, you can brainstorm some strategies for getting back on track.



# Use this **Monthly budget** to see how much you make and spend

1. List your income
2. List your expenses
3. Subtract your total spending from total income to build your budget

Month of \_\_\_\_\_

Type of income	Amount gained
Job	
Government program	
Disability benefits	
Financial support	
Other income	
<b>Total income this month</b>	

Type of spending	Amount spent
Housing (rent or mortgage)	
Utilities (gas, water, electricity, sewage)	
Groceries + other supplies	
Health expenses	
Transportation	
Education + childcare	
Cell phone	
Internet + cable	
Service animals + Pets	
Debt payments	
Other spending	
<b>Total spending this month</b>	

## Build your budget

$$\underline{\hspace{10em}} - \underline{\hspace{10em}} = \underline{\hspace{10em}}$$

Total income this month

Total spending this month

If your income is more than your expenses, you have money left to save or spend.

If your expenses are more than your income, look at your budget to find expenses to cut.

This tool is included in the Consumer Financial Protection Bureau's (CFPB) Your Money, Your Goals: Focus on People with Disabilities companion guide. The CFPB has prepared this material as a resource for the public. This material is provided for educational and information purposes only. It is not a replacement for the guidance or advice of an accountant, certified financial advisor, or otherwise qualified professional. The CFPB is not responsible for the advice or actions of the individuals or entities from which you received the CFPB educational materials. The CFPB's educational efforts are limited to the materials that the CFPB has prepared.

This tool may ask you to provide sensitive information. The CFPB does not collect this information and is not responsible for how your information may be used if you provide it to others. The CFPB recommends that you do not include names, account numbers, or other sensitive information and that users follow their organization's policies regarding personal information.