



Monthly Budget Worksheet

Step 1: Fill in the boxes below:

Income (How much money I get every month)

How much money do I get every month from my public benefits (including SSI, SSDI, IHSS)?

How much money do I get every month from a job?

How much money do I get every month from other sources?

Add the numbers on the three lines above to find your **Total Monthly Income**.

Expenses (How much money I spend every month)

How much money do I spend on rent?

How much money do I spend on gas, electric and water?

How much money do I spend on medication or other medical supplies?

How much money do I spend on transportation?

How much money do I spend on fun activities like bowling, movies, etc.?

How much money do I spend on other things?

Add the numbers on the six lines above to find your **Total Monthly Expenses**.

Step 2: Which number is bigger? _____

If your **Total Monthly Income** is bigger than your **Total Monthly Expenses**, you have enough money in your monthly budget.

If your **Total Monthly Expenses** is bigger than your **Total Monthly Income**, then you should discuss your spending with a caregiver, case manager or parent.