



Use this worksheet to help determine transfer amounts for your savings, bills and spending accounts within the **Cash Momentum™** system. It may be helpful to take your bank statements from the last three months and calculate an average of each of these categories for the monthly total. The worksheet will calculate the annual total for you.

Bills (fixed expenses)		Monthly	Annual
Note the due date of each bill on the worksheet. This will help you determine when to schedule transfers between your accounts.			
Mortgage/rent	Balance: _____ Rate: _____		
Home equity loan/line of credit	Balance: _____ Rate: _____		
Property taxes			
Homeowner's/renter's insurance			
Utilities: gas			
Utilities: electric			
Utilities: water and sewer			
Utilities: other			
Phone			
Cable			
Internet			
Other:			
Auto loan/lease payments:	Balance: _____ Rate: _____ Balance: _____ Rate: _____		
Auto insurance payment			
Auto registration/taxes:	Divide an annual bill by 12 for the Monthly column.		
Medical copays/out of pocket or deductible			
Medical prescriptions			
Life insurance			
Disability income insurance			
Long-term care insurance			
Other insurance			
Children (daycare, activities)			
Education (tuition, fees)			
Support (child, spouse)			
Church contributions (tithing)			
Student loan payments	Balance: _____ Rate: _____		
Credit card payments	Balance: _____ Rate: _____		
Other loan payments:	_____ Balance: _____ Rate: _____ _____ Balance: _____ Rate: _____		
Total bills			

Spending (variable items)	Monthly	Annual
Remember, this is the area where you can make the most change to shift more money into savings. Think about what you really need to spend rather than what you currently spend.		
Food/groceries		
Gas		
Clothing		
Furniture/decorations		
Entertainment/dining out		
Recreation/fitness		
Gifts		
Travel		
Personal care		
Other:		
Total spending		

Savings	Monthly	Annual
Emergency reserve (3 to 6 months of expenses)		
Long term If you aren't already saving in paycheck deductions (401(k), etc.).		
Travel/vacations		
Gifts/holidays		
Home repairs/furniture replacement		
Auto repairs/replacement		
Other:		
Total savings		

Analysis	Monthly	Annual
Monthly income If you're paid weekly, multiply your paycheck by 52 and divide by 12. If you're paid biweekly, multiply your paycheck by 26 and divide by 12.		
Other income:		
Total income		
Savings		
Bills		
Spending		
Less total bills, spending and savings		
Balance		

Make your commitment to the **Cash Momentum** system on the next page.

What changes do you want to make?

You've completed the Monthly Expense Planner and know where your money is going. Now tell us where you can commit to making changes. Our general recommendations¹ for the three buckets are:

Savings²: At least 15% of your income.

(This is short-term, emergency and liquid savings. It does not include long-term or retirement savings.)²

Spending: No more than 25% of your income.

Bills: No more than 60% of your income.

Based on these recommendations and the financial goals you would like to accomplish, how much can you commit to in each of these categories? Tell us the amount (per month) you would like to commit to in the following buckets:

Savings: _____

Spending: _____

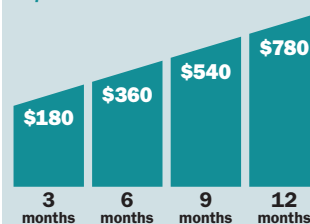
Bills: _____

Name: _____

Email address: _____

If you are unable to commit to the recommended percentages right away, don't get discouraged. Even small changes can make a big difference in your savings.

**Spend just
\$15 less each week.**



Take the next step

Send this planner (save to your desktop, then attach to an email) to CashMomentum@thrivent.com and someone will get back to you, or call a **Cash Momentum** specialist at 866-596-1508 to set up your accounts.

¹Recommendations are not meant to replace professional financial, legal or tax advice, nor do they infer that we assume any fiduciary duties. This information is supplied from sources we believe to be reliable, but we cannot guarantee its accuracy. We encourage you to seek personalized analysis regarding all personal financial issues. Individual results may vary, and following these recommendations should not be viewed as a promise of future results nor a guarantee you'll reach your financial goals.

²This assumes that you are saving for long-term retirement savings (tax-advantaged accounts like 401(k) and IRAs) through paycheck withdrawals or other contributions outside of your monthly expenses. This category is the percentage we recommend for short-term or liquid savings. If you have questions about saving for retirement, please contact a financial, legal or tax advisor.



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