

Monthly Budget/Spending Plan

Months/Year: _____

Using the form below:

1. Determine your monthly family income and expenses prior to the disaster ["Income (Expenses) Prior to Disaster"].
2. Estimate what your budget is now post-disaster ["Estimated Current Income (Expenses)"].
3. Track income and expenses for three months ["Actual Income (Expenses)"].
4. Use the "Comments" column to write actions to take or things to remember.

Gross Annual Income: _____

Net Monthly Take Home Income: _____

Monthly Income*						
Net Monthly Income Source	Income Prior to Disaster	Estimated Current Income	Actual Income			Comments
			Month 1:	Month 2:	Month 3:	
Income 1:						
Income 2:						
Income 3:						
Income 4:						
Income 5:						
Income 6:						
Total Net Monthly Income						

**Include take home pay in your income totals. Remember to include all income from jobs, Social Security benefits, investment income, food support, child support, unemployment insurance, disaster-related monetary donations/grants/gift cards/assistance, etc.*

Monthly Expenses						
Expense Category	Expenses Prior to Disaster	Estimated Current Expenses	Actual Expenses			Comments
			Month 1:	Month 2:	Month 3:	
Housing						
Mortgage (PITI)						
2 nd Mortgage						
Other home loan(s)						
Rent						
Homeowners/renters insurance						
Property taxes						
Natural Gas						
Electricity						
Water, sewer						
Garbage						
Telephone						
Cell phone						
Cable						
Internet						
Maintenance						
Other:						
Food						
Groceries						
Eating out						
School lunch						
Other:						
Transportation						
Gas						
Maintenance/oil						
Vehicle payment						
Vehicle insurance						
Other:						

Monthly Expenses						
Expense Category	Expenses Prior to Disaster	Estimated Current Expenses	Actual Expenses			Comments
			Month 1:	Month 2:	Month 3:	
Health						
Health insurance/co-pay/deductible						
Prescription						
Over-the-counter						
Life insurance						
Other:						
Personal						
Clothing						
Clothing care						
Personal care						
Child care						
Diapers, supplies						
Child support						
Child allowance						
School activities						
Education						
Household items						
Gifts						
Entertainment/rec.						
Vacation						
Pets						
Personal spending						
Contributions/dues						
Other:						
Savings and Debts Payments						
Savings						
Credit Card 1:						
Credit Card 2:						

Monthly Expenses						
Expense Category	Expenses Prior to Disaster	Estimated Current Expenses	Actual Expenses			Comments
			Month 1:	Month 2:	Month 3:	
Savings and Debts Payments (continued)						
Credit Card 3:						
Other:						
Other:						
Total Monthly Expenses						

Use the “Total Net Monthly Income” and “Total Monthly Expenses” columns to fill out the summary below.

Budget Summary	Budget Prior to Disaster	Estimated Current Budget	Actual			Comments
			Month 1:	Month 2:	Month 3:	
Total Net Monthly Income						
Total Monthly Expenses						
Bottom Line <i>(Income minus Total Expenses)</i>						

If your monthly budget is exact, your bottom line would equal zero. This means that your income covers your expenses exactly. As you will discover, this rarely happens consistently on a month-to-month basis! If your bottom line is a positive number, you had more income than expenses.

After a disaster, it is not uncommon to have a negative bottom line. With your increasing disaster-related expenses, you may need to find additional sources of income or cut unnecessary expenses to help balance your monthly budget.

What changes do you need to make to your monthly budget? _____
