

**Income and Expense Statement (last 4 weeks)**

From \_\_\_\_\_ To \_\_\_\_\_

<b>Fixed Expenses</b>	<b>Amount</b>	<b>Type of Income</b>	<b>Amount</b>
Rent/Mortgage		Salary 1 (take home)	
Savings/Investment		Salary 2 (take home)	
<i>Rolling Savings*</i>		Bonus/Tips	
Auto Loan(s)		Interest/Dividends	
Personal Loan(s)		Child Support	
Credit Card _____		Alimony	
Credit Card _____		Tax Return	
Credit Card _____		Gift/Donation	
Credit Card _____		<i>Other</i> _____	
Auto Insurance		<b>Income Total</b>	
Life Insurance			
<i>Other</i> _____			
<b>Fixed Subtotal</b>			

<b>Variable Expenses</b>	<b>Amount</b>
Natural Gas/Electric	
Water/Trash/Recycle	
Food- Groceries	
Dining Out	
Food at Work	
Cell Phone/Landline	
Internet/Cable/SAT	
Auto Gasoline	
Auto Repair/Maint.	
Gym Fees	
Household supplies	
Personal/Haircare	
Clothing	
Laundry/Dry Clean	
Medical/Dental	
Prescriptions/Co-pay	
Allowance	
Entertainment	
Contributions	
Impulse Buy	
<i>Other</i> _____	
<b>Variable Subtotal</b>	

<b>Expense Total</b>	
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Income	\$ _____
Expense	\$ _____
NET Gain/Loss	\$ _____
<b>ACTION STEPS</b>	
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____