



What do I Own?

Description	Value
House Value	\$
Car Value	\$
401k/ 403b/ RRSP	\$
Roth IRA/ TFSA	\$
Other Non-Registered Investments	\$
Savings/ Emergency Fund	\$
Education Savings/ RESP/ 529	\$
Other Assets	\$
Other Assets	\$
(A) Total Assets	\$
Total Liquid Assets	\$

What do I Owe?

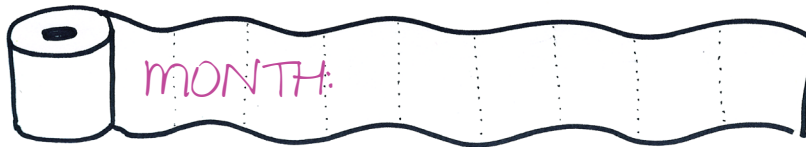
Description	Current Balance	Monthly Payment
Credit Card Debt	\$	\$
Line of Credit	\$	\$
Student Loan	\$	\$
Line of Credit	\$	\$
Car Loan	\$	\$
Mortgage	\$	\$
Other Loans	\$	\$
Alimony	\$	\$
Child Support	\$	\$
Other Payments	\$	\$
(B) Total Liabilities	\$	\$

Total Net Worth (A) - (B)

\$



Income & Spending



Income

After-tax income	\$
Other after-tax income	\$
(A) Total Monthly After-Tax Income	\$

Personal Obligations/ Debt

Monthly Payment

Loans/Debt/Payments	\$
Mortgage	\$
(B) Total Personal Obligations/Debt	\$

Fixed Payments

Monthly Payment

Rent	\$
Property Taxes	\$
Condo Fees	\$
Utilities	\$
Internet/ Cable	\$
Cell Phone	\$
Home/Tenant Insurance	\$
Car Payments	\$
Car Insurance	\$
Life/Disability Insurance	\$
Medical/Dental Insurance	\$
Other Insurance	\$
Medical/Dental Expenses	\$
Software Subscriptions (e.g. NetFlix/Spotify)	\$
Memberships	\$
Memberships	\$
Other	\$
(C) Total Non-Debt Fixed Expenses	\$

(D) Total Fixed Payments this Month (B) + (C) \$

Available for Goals and Personal Spending (A) - (D) \$

What do you want?

(A) Available Money for Goals and Personal Spending

Financial Goals	Monthly Contributions
Emergency Fund/ Savings	\$
Trips	\$
Major Purchase	\$
Other Goals	\$
Retirement	\$
Kids Education	\$
(B) Total	\$

(C) Available for Variable Spending each Month (A) - (B)

Available for Variable Spending each Week (C) ÷ 5
(divide by 4 or 5 depending on how many weeks this month)

Weekly Cash Allocation Plan

Weekly Plan	Notes
Week 1	\$
Week 2	\$
Week 3	\$
Week 4	\$
Week 5	\$
Total <i>(make sure this adds up to (C))</i>	\$

