

Your Own Budget Planner

YOUR INCOME	You?	Your partner?	How often do you get this?
Benefits (JSA, ESA, Income Support, Pension Credit etc.)			Weekly / Fortnightly / Monthly / 4-weekly
Disability benefits (DLA, PIP, Attendance Allowance)			Weekly / Fortnightly / Monthly / 4-weekly
Tax credits			Weekly / Fortnightly / Monthly / 4-weekly
Child benefit			Weekly / Fortnightly / Monthly / 4-weekly
Net wages (after tax and NI)			Weekly / Fortnightly / Monthly / 4-weekly
State pension, occupational or private pension			Weekly / Fortnightly / Monthly / 4-weekly
Child maintenance			Weekly / Fortnightly / Monthly / 4-weekly
Student grant, bursary or loan			Weekly / Fortnightly / Monthly / 4-weekly
Boarders or lodgers or contributions from family			Weekly / Fortnightly / Monthly / 4-weekly
Other income?			Weekly / Fortnightly / Monthly / 4-weekly
TOTAL INCOME (A)			
YOUR EXPENDITURE	£		How often do you spend this?
Food (including meals at work)			Weekly / Fortnightly / Monthly / 4-weekly
Cleaning and toiletries			Weekly / Fortnightly / Monthly / 4-weekly
Rent or mortgage			Weekly / Fortnightly / Monthly / 4-weekly
Arrears repayment for rent or mortgage			Weekly / Fortnightly / Monthly / 4-weekly
Council Tax			Weekly / Fortnightly / Monthly / 4-weekly
Electricity			Weekly / Fortnightly / Monthly / 4-weekly
Gas			Weekly / Fortnightly / Monthly / 4-weekly
Phone / satellite TV / internet			Weekly / Fortnightly / Monthly / 4-weekly
Mobile phone			Weekly / Fortnightly / Monthly / 4-weekly
TV licence			Weekly / Fortnightly / Monthly / 4-weekly
Bus fares or travel expenses			Weekly / Fortnightly / Monthly / 4-weekly
Car costs (petrol, MOT, Tax, parking charges etc.)			Weekly / Fortnightly / Monthly / 4-weekly
Car insurance			Weekly / Fortnightly / Monthly / 4-weekly
Life insurance			Weekly / Fortnightly / Monthly / 4-weekly
Contents and/or buildings insurance			Weekly / Fortnightly / Monthly / 4-weekly
Childcare			Weekly / Fortnightly / Monthly / 4-weekly
Children's expenses (school meals, uniforms, trips)			Weekly / Fortnightly / Monthly / 4-weekly
Nappies and baby items			Weekly / Fortnightly / Monthly / 4-weekly
Child maintenance			Weekly / Fortnightly / Monthly / 4-weekly
Clothing and footwear			Weekly / Fortnightly / Monthly / 4-weekly
Haircuts and hairdressing			Weekly / Fortnightly / Monthly / 4-weekly
Alcohol and cigarettes			Weekly / Fortnightly / Monthly / 4-weekly
Health expenses (dentist, glasses, vitamins etc.)			Weekly / Fortnightly / Monthly / 4-weekly
Hire Purchase (e.g. white goods from Brighthouse)			Weekly / Fortnightly / Monthly / 4-weekly
Pets expenses (vets, insurance, food etc.)			Weekly / Fortnightly / Monthly / 4-weekly
Leisure, hobbies, sport (gym membership, lottery etc.)			Weekly / Fortnightly / Monthly / 4-weekly
Newspapers, magazines and books			Weekly / Fortnightly / Monthly / 4-weekly
Gifts (Christmas, birthdays, etc.)			Weekly / Fortnightly / Monthly / 4-weekly
Other items			Weekly / Fortnightly / Monthly / 4-weekly
TOTAL EXPENDITURE (B)			
DISPOSABLE INCOME (A minus B)			