



# My Budget

Income Source	Amount (Per Month)	Date Received
<b>TOTAL</b>		

**\*Try to figure out exact amounts of income & where they come from**

-Employment/OW/ODSP/ CPP(D)/Child Tax/GST Cheques

**\*Note the dates so you know when you'll have the funds in your bank account**

-Child Tax: Typically 20<sup>th</sup> of the month      -OW: Typically at start of the month

Expense	Amount (Per Month)
Rent	
Groceries	
Transportation	
Cell Phone	
Internet	
Heat/Hydro	
Gas	
Clothing	
Medication Expense	
Credit Card	
Car Payments	
Car Insurance	
Eating Out	
Marijuana/ Cigarettes	
Drugs/ Alcohol/ Gambling	
Loans (friends/family/Money Mart/student)	
<b>TOTAL</b>	

**\*Be honest with yourself; this is a budget for you.**

-If you drink alcohol or use substances or smoke cigarettes or eat out a lot, include this in your budget because regardless of what it is, it costs money!

## Income – Expenses = What's Left Over

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**\*If you have money left over, even if it is only a few dollars, think about putting it into a jar and once it fills up, bring it to the bank and put it into a savings account. Remember, something is better than nothing!**