

Cash flow budget worksheet

	Week 1	Week 2	Week 3	Week 4	Week 5
Beginning balance for the week					
Sources of cash & other financial resources					
Income from job					
Income from part-time job					
Income from self-employment					
TANF					
SNAP					
Public housing voucher					
Other:					
Total sources of cash & other financial resources					
Uses of cash & other financial resources					
Credit card payments					
Payday loan payments					
Personal loans					

Other debt						
Other payments						
Savings: emergency fund						
Savings: goals						
Savings: children's education						
Savings: retirement						
Rent or mortgage payment						
Homeowners or rental insurance						
Electricity						
Gas						
Water and sewer						
Cable or satellite television						
Internet service						
Phone and cell phone service						

Groceries									
Eating out (meals and beverage)									
Car payment									
Gas for car									
Car maintenance									
Tools of the trade and other job-related expenses									
Health insurance									
Health care deductibles and co-pays									
Personal care									
Childcare, diapers, and school fees and supplies									
Entertainment									
Contributions									
Total uses of cash & other financial resources									
Ending balance for the week (sources - uses)									