INTEGRATED FINANCIAL STRATEGIES
Guidance for Life

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		JANUARY	FEBRUARY	MARCH	APRIL	MAY
Food	Groceries	<i></i>				
1000	Meals Away From Home					
Housing	Mortgage or Rent					
0	Taxes, Property					
	Insurance – Home					
	Utilities, water, gas, electricity					
	Telephone					
	Maintenance & Repairs					
	Household Supplies					
	Miscellaneous including furnishings					
Wardrobe	Clothing					
	Cleaning					
Transportation	Car Payment					
A	Car Insurance					
	Car Expense – gas					
	License, Parking, Fares					
	Car Repairs, Tires					
Personal Expense	Beauty – Barber					
r encontar Expense	Drug Sundries					
	Allowance					
	Life Insurance					
Education, Recreation	Tuition, school supplies					
	Lessons or classes					
	Sports events, theatre, etc.					
	Subscriptions					
	Hobbies					
	Vacations					
Tax Deductible	Medical – Hospital – Prescriptions					
Expenses	Health Insurance					
	Taxes – Federal, State, Local					
	Taxes – Social Security					
	Contributions					
	Child Care					
	Dues – Union, Club					
	Other Deductions					
		<u> </u>				
Savings & Investments						
		<u> </u>				
Other Misc. Expenses	Gifts					
	MONTHLY TOTALS:	<u> </u>				
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	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Groceries							
Meals Away From Home							
Mortgage or Rent							
Taxes, Property							
Insurance – Home							
Utilities, water, gas, electricity							
Telephone							
Maintenance & Repairs							
Household Supplies							
Miscellaneous including furnishings							
Clothing							
Cleaning							
Car Payment							
Car Insurance							
Car Expense – gas							
License, Parking, Fares							
Car Repairs, Tires							
Beauty – Barber							
Drug Sundries							
Allowance							
Life Insurance							
Tuition, school supplies							
Lessons or classes							
Sports events, theatre, etc.							
Subscriptions							
Hobbies							
Vacations							
Vacations							
Medical – Hospital – Prescriptions							
Health Insurance							
Taxes – Federal, State, Local							
Taxes – Social Security							
Contributions							
Child Care							
Dues – Union, Club							
Other Deductions							<u> </u>
Gifts							
MONTHLY TOTALS:							





Sources of Income

1. Yearly household income from salary, bonuses, and commissions (before taxes)	\$
2. Yearly Interest and Dividends	\$
3. Yearly income from real estate and/or business	\$
4. Other annual income (describe)	\$
Additional Remarks:	

