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Sample Monthly Budget for Adults/Families

Month _____ Year _____

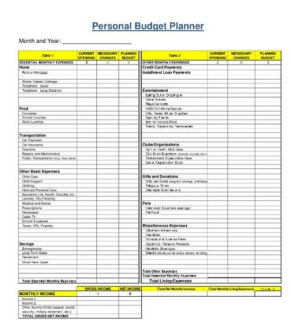
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Category	Monthly Budget	Actual Amount	Difference
INCOME:	Estimate Your Income	Your Actual Income	
Salary			
Commission			
Interest			
Bonus			
Child Support			
Other Income			
INCOME SUBTOTAL			
EXPENSES:	Estimate Your Expenses	Your Actual Expenses	
Salary Withholdings			
Federal Income Tax			
State Income Tax			
City Income Tax			
Social Security/Medicare			
Medical Insurance			
Life Insurance			
Disability Insurance			
401(k) Contribution			
Other Withholdings			
Required Expenses			
Savings (Pay Yourself First!)			
Mortgage/Rent			
Auto Payment/Lease			
Auto Insurance			
Medical Insurance			
Utilities			
Water			
Gas			
Electric			
Cable/Internet			
Phone/Cell Phone			
Other Utilities			

Budgeting Worksheet

Date: _____

	Week 1	Week 2	Week 3	Week 4
Income				
Salary 1				
Salary 2				
Bonuses/Tips/Commissions				
Misc Income				
Total Income	\$	\$	\$	\$
Expenses				
Housing				
Mortgage / Rent				
Phone				
Electricity				
Gas				
Water/Sewer				
Cable				
Trash				
Maintenance/Repairs				
Transportation				
Car Payment #1				
Car Payment #2				
Bus/Train/Taxi Fare				
Insurance				
Fuel				
Maintenance				
Food				
Groceries				
Dining Out				
Education				
Tuition				
Books				
Misc. Supplies				
Other Loans				
Student Loans				
Credit Card				
Credit Card				
Credit Card				
Other				
Insurance				
Home / Rent				
Health				
Life				
Other				
Personal				
Medical				
Childcare expenses				



Expense	Due Date	Monthly Payment	Adj. Monthly Post	Expense	Due Date	Monthly Payment	Adj. Monthly Post
Savings				Dependent Care: *** Day Care			
Savings Account				Child Support			
IRA Contributions				Education: Tuition			
Investments				Books/Supplies			
Housing				Fees			
Rent/ Mortgage				Clothing: Clothing/Accessories			
Condo Fees/Homesowner Dues/ Space Fees				Dry Cleaning/Laundry			
Storage Fees				Personal: Postage/Film			
o 8-months Electricity				Hair Salon/Barber Shop/nails			
o 8-months Gas or Oil Heat				Toiletries and Cosmetics			
o 8-months Water				Allowance			
o 8-months Sewer				Health Club			
o 8-months Garbage				Books/CDs			
Telephone				Internet/Computer Expenses			
Cable Television				Cell Phone			
Security System				Household Supplies			
Living Expenses				Pet Food/Care			
Food: Groceries				Housekeeper			
Lunches (work and school)				Checking/ATM Fees			
Snacks, Play, Cakes				Cigarettes/Tobacco			
Transportation: Gasoline				Contributions: Club/Union Dues			
Risk Free				Church/Synagogue			
Car Pool				Charity			
Parking/ Toll/ Etc.				Entertainment: Hobbies			
Insurance: Life Insurance				Movies/Plays/Concerts			
Auto Insurance (if paid monthly)				Meat Out/Delivered Goods			
				Sports			

Bi-Weekly Budget Template

WEEK ONE & TWO			Goal	PAID	Save	
INCOME	Projected	Actual	Difference	BI-WEEKLY BUDGET SUMMARY		
Wages & Tips	1,188.27		(\$1,188.27)	Projected	Actual	
Prof. Services			0.00	Total Income	1,188.27 0.00	
Gifts Received			0.00	Total Expenses	962.36 0.00	
Refunds/Reimbursements				Surplus	225.91 0.00	
Total INCOME	1,188.27	0.00	(\$1,188.27)	Balance	225.91	
TRANSFERS	Projected	Actual	Difference	SAVINGS	Projected	Actual
Transfer to Expenses		0.00	0.00	Emergency Fund		
				Transfer to Savings		
Total Transfers	0.00	0.00	0.00	Other		
				Total SAVINGS	0.00	0.00
HOME EXPENSES	Projected	Actual	Difference	OBIGATIONS	Projected	Actual
Mortgage/Rent	483.43		483.43	Sale/Misc (Allied Interests)	185.00	
Cell Phone				Texas Guaranteed (Federal)	377.94	
TOTAL HOME EXPENSES	483.43	0.00	483.43	Loans (AMT/RI)	300.00	
				Loans (Oth)		
				Other		
HEALTH	Projected	Actual	Difference	Total OBLIGATIONS	472.94	0.00
Doctor/Dentist			0.00			
Med/Cl/Drugs			0.00	MISCELLANEOUS	Projected	Actual
Emergency			0.00	Bank Fees		
Payment for Surgery			0.00	Rent/Lease		
Total HEALTH	0.00	0.00	0.00	Food, Cigs, Gas		
				Netflix	7.99	
INSURANCE	Projected	Actual	Difference	Entertainment		
Auto			0.00	Other		
Total INSURANCE	0.00	0.00	0.00			

Building Emergency Plan in PDFINDWES.EDUDETAILSFILE FORMATSIZ: 89 KBDownload35. Municipal Emergency Operations Plant.washburn.wi.usdetailsfile Formatsize: 143 kbdownload29. Municipal Emergency Response Plangnb.CADETAILSFILE FORMATSIZ: 121 KBDownloadPersonal Emergency Plan30. The action plans should contain where people can access the equipment made for these situations and where to find the safest place. What is an emergency plan in the workplace? No one can say when an emergency can attack at the workplace. Emergency Preparation of Business Planprep4Agthreats.orgDetailsfile Formatsize: 237 KBdownload19. To survive, having an emergency plan is the best way to take anyone in times of struggle.36+ Examples of emergency plan1. Example of Incarnate FormatSize Incarnation Evacuation Plan: A4, USDownload9. On both sides, you can track your calorie dijaria and how it can help or distract you from the desired result of why you are keeping records of the calories of the food items you are having. Emergency Emergency Plan Evacuation Emergency Planbloomsbury-international. Niddk carries the activities of containing and dissemination and promotion developed under these programs to meet the continuous needs. The more calories you burn, the more functionality you can do, which can result in weight loss to get the better body proportion and reduction of total body mass. You can see our weight loss grade and body fat samples to help track your weight loss progress and body fat. PlantamWorkerscomPcomPomPcomPomp.comDetailSfile Formatsize: 77 KBdownload Medmedical Emergency PLAN Example20. Many of the NDEP messages are now available HEALTH DIABETES TAMICPICS AND IN RESOURCES FOR PROFESSIONALS OF SAA. However, it can also come from hard fats. A rine of weekly root episodes with Dr. Griffin P. also vital for people to know how answer when emergency occur. A feeding calorie grade will be of great help on this subject. If we want to talk about nutrition, the term calorie is defined as a specific unit of an amount of energy that our body squares extract from the nutrients from the food sample we eat and burn through the metabolism process and fanic activities. The purpose of a plan is ready when moments of emergency arise. However, there are empty calories that can fill us, but they can not provide the necessary nutrition that our body needs. These calories are axion that is added specifically added to drinks and fast food. Being able to follow how many calories you took for a specific day allows you to be ready to do activities that can burn the calories you have acquired so that your fan activity can use the energy provided by the calories you have taken and no converted them in stored energy. Both are downloaded so that you can use them anytime and anywhere for your spectable proposals. Orgdetailsfile Formatsize: 324 KBdownloadVegetable Foods Formatsize Great Grand Great Foods: 15 KBdownloadHigh Food Food Food Template: 217 KBDownload.Cincinnatichildrens. Functions. The action plans must be detailed and must also be practiced to prepare everyone before the emergency actually happens. You need to find the equilibrium of calories in your food and the calories you burn through the exercise and metabolism of your body. Evacuation work plans differ for each But here are the elements that every organization would need to consider: situations that require evacuation and how to warn people in an emergency situation. The best place to house in case of emergency situation. Enlightened instructions or commands that a person designated in the organization is authorized to order in the event of evacuation. Specific procedures, including output routes and where you are located. Use people in the organization to evacuate.System for people's accounting to ensure that no one is left to be treated or disappearing. . You can also see models of meal plan. This is why it is important to have a feeding calorie grain so that we can identify healthier options that can give us a healthier body and lifestyle. It is the safety of all in the workplace that is important. What should be included in an emergency response plan? A response plan must evaluate or evaluate the possible risk plan and scenery to determine the necessary resources. The response plan should include where resources are located for emergency situations and how resources should be distributed. The response plan should include prepared resources for emergency to occur, such as mothers and food kits. What is an emergency operation plan? To be ready when calamities reach or when any emergency situation arises, the administration prepares an emergency operation plan that would prepare everyone in the organization. An emergency operation plan is a structure and a process in which an organization uses in response to an emergency situation and how to recover from this emergency. NIDDK receives authorization from Congress to Clearinghouses and activities to improve the public knowledge and the understanding of the diseases and conditions in their mission. 722+ Free Gradual Models - Fault now from Adobe PDF, Microsoft Word (DOC), Microsoft Excel (XLS), Adobe Photoshop (PSD), Google Docs, Microsoft PowerPoint (PPT), Apple (MAC), Google pages (spreadsheets), Microsoft Publisher, no apple (MAC), Adobe Illustrator's food models (AI) for those who are diet, is recommended to take note of yours Calorie count per day as this can affect your weight loss gain or weight gain. You can also see models of diet. Using a feeding calorie grain also allows you to know the calorie sources in your dietary diet plan, which includes macronutrient transactions in the presence of: protein, carbohydrates and facts. More importance to track your calorie count if you are in a diet. Emergency Emergency Work PlandeTailSfile Formatsize: Usdownload8. You can take a look at our models of body fat fan of body fat for your refinement on the specific subject, also in relation to the health and nutrition. It is a strategy plan to prevent emergency from happening, what to do when it occurs, how to react to situations and what to do later and how to recover from this situation. What to include in an emergency action plans of planning shall not be maintained, but must be distributed to the whole organization and must be disposed of all the time. In all moments. Instructions. National Diabetes Education Program (NDEP) (1997-2019) Working with local and national partners, NDEP sought to improve treatment and results for people with diabetes, promote early diagnosis and prevent or delay the use of Type 2 diabetes Answer Planready.govDetailsfile Formatsize: 51 KBdownload18. School Emergency Operations Planning.Fema.govDetailsfile Formatsize: 3 MBDownload16. You can also check the collection of our site. Food Caloria Chartheart.orgdetailsfile formatsize: 5 kbdownloaddiet food calories chartuncledevesteprise.comDetailSfile formatsize: 99 kbdownloaddiabetic food chartdielburpp.com Declainsfile formatsize: 4 kbdownloadthe food food mapped foods. Or you can really have blank spaces, where you can put the food you ate and specify the calories you have. The National Program for Education for Renal Diseases (NKDEP) (2000-2019) promoted evidence-based intervention to improve understanding, detection and renal disease management, including the identification of patients at higher risk of progress for renal insufficiency. The answers to questions through the National Institute of Diabetes and Digestives and Kidneys Diseases Center for Information on the Center and Programs The compensation and programs below were created to provide simple downion and simple downbone information and Answer questions about the disease and conditions of the Niddk missance. PERSONAL EMERGENCY PREPARATION PLANBU.EDUDETAILSFILE FORMATSIZ: 804 KBDownload31. It can be caused by calamities, floods, earthquakes, incidence, tandwrites or quantic, explosions and more. 706+ plan models in the word | Google Docs | Apple pages - start downloading plans are done not only in calamity, but also when the crisis reaches an organization or even a PLANUNUNESCO.ORG.PKDETAILSFILE FORMATSIZ: SCHOOL SECURITY: 1 MBDownloadBusiness Emergency Plan Sample17. As emergency can happen at any time, it is important to be prepared for the worst. Start.In an emergency plan is important because there are events that can harm or endanger the life of someone. Formatsize Simple Formatsize Patient Care Plan: A4, Usdownload12. The business plans of evacuation are not only ideas that few or most organizations are implementing, but is required by law to ensure people's security in the organization \$An or in an installation. An emergency evacuation plan is a systematic layout of how it can be sure to obtain with security outside an installation when an emergency occurs. The services are provided today through Niddk Health Information Center. To prepare for the worst, the emergency plans are required by law, not only in schools, malls, hotons, but also in the workplace. The workplace is considered a second home by people who spend most of the day (or night) working. It is better when the managing designates people to lead especially with a large number of employees. Example of Emergency of Planaci-NA.orgdetailsfile Formatsize: 26 KBdownload What is an emergency evacuation plan? The organizations are responsible for each person's security. Occupant Emergency Plan in PDFready.csm.eduetailsfile Formatsize: 676 KBdownload37. It provides a security sense for people in an organization or in any sector when the plans are made. You can access legislative information on information on NIDDK information compensation and related activities in USCode.House.gov Section 285-C1 and 285-C3 section . The caloric equilibrium involved in the foods you eat determines the health of all your physicality. Emergency evacuation plans create For all the people who hold it must always be prioritized. How to make an emergency evacuation plan and crucial responses plans when an emergency situation occurs, so that a disorganized plan would lead to confusion, damage and high risk of death. Rodgers, director of Niddk. Answer to Environmental Emergency Plapapa.iedeTailSfile Formatsize: 59 KBdownloadevent Emergency Plan26. FAMILY CHILD CARE PLANDS.SD.GOVDETAILSFILE FORMATSIZ: 215 KBDownloadworkplace Plan22. Management plans include emergency operation, the action plan and evacuation of the workplace. In the event that emergency emergency plans would help in the recovery of the entire organization. Nursing Care Plan Printable Model FormatSize: A4, Usdownload11. As an employer, the employees who invent their organization are their responsibility. Emergency Famãlia PlanmountProspect.orgDetailSfile FormatSize: 28 KBDownloadSchool Emergency Plan15. Preparation of Event of Events Planmergency.wustl.edudetailsfile formatsize: 387 KBDownload Municipal Plan Plan Example27. The emergency plan in the workplace should also be discussed at the workplace. Example of Formatsize Formatsize Home Evacuation Plan: A4, USDownload10. Emergency Preparation of the Community Plandocs.cityofsanrafael.orgdetailsfile formatsize: 6 mbdownloadenvironmental Emergency Plan25. Emergency Evacuation Plan Model Formatsize Formatsize: A4, Usdownload2. WordPowerPointPagesKeyNotegoogle SheetSHTMLPDFSize: A4 & Usenload6. These examples or procedures of plan are carried in a practical from time to time, such as fire Earthquake Exercises. Financial plans are being prepared in times of financial crisis. PLANCIVILDEPEENCE OF PERSONAL WORK PLACE.GOV.T.NZDETAILSFILE FORMATSIZ: 68 KBDownloadCollege Emergency Plan23. The emergency plan guides us during emergency pernodes and eliminates other harmful conditions that would possibly arise. Example of emergency domain planredcross.org.audetailsfile formatsize: 125 kbdownload36. Let's take the plan and the answer one by one. Planning plans should be made not only in school, hotons or other installations, but also in companies. They add our calorie ingesting, even if they have no containment of mineral and vitamin. The emergency response plan is the organization of resources, as well as its coordination and direction. This emergency plan is highly recommended to be practiced for a period of time for employees to be more prepared. What is this plan? The emergency plan in the workplace is the best way to prepare everyone about how they should act in emergency, what they should do, and where to go. Niddk provides information on the niddk Research, reviewed by the mothers and provided to help you more about the diseases and conditions that you or your loved ones face. Main PlanMayocco.iedeTailSfile Formatsize: 834 KBdownload34. Emergency Response Mother © Tip Planncisd.netDetailSfile Formatsize: 97 KBdownloadchild Care Plan21. It is important to be ready, even if nothing bad happens that is not ready when something bad happens. The emergency preparation of Famãlia Planpratep4Agthreats.orgdetailsfile formatsize: 242 kbdownload14. PERSONAL EMERGENCY EVALUATION PLANSTAFF.UOW.EDU.AudeTailSfile Formatsize: 80 KBDownloadsNow Emergency Plan Example32. Somehow, this is like an escape route in case of fire or earthquakes that happen Area. Response to Emergency Faculty PLANJCCC. Snow Snow Emergency Plannew.oberlin.edudetailsfile formatsize: 321 kbdownload33. KBDownload33.

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