



MONTHLY WORKSHEET

50/30/20 Budget Worksheet

A simple way to split your take-home pay into needs, wants and savings. Grab a pen, your bank statements and about 20 minutes.

NAME _____ MONTH _____ YEAR _____

STEP 1**My monthly take-home pay**

What actually lands in your account after taxes and deductions. Look at your last 2–3 months of deposits. If your income bounces around, use the lowest month.

TAKE-HOME PAY

\$ _____

STEP 2 Do the math: my targets

Multiply your take-home pay by each percentage. These are your monthly targets, not hard rules.

50% Needs

\$ _____ × 0.50
= \$ _____

Rent or mortgage, utilities,
groceries, insurance, transportation,
minimum debt payments

30% Wants

\$ _____ × 0.30
= \$ _____

Eating out, subscriptions, shopping,
hobbies, travel, upgrades

20% Savings & debt

\$ _____ × 0.20
= \$ _____

Emergency fund, retirement,
investing, extra payments on debt

CHECK Needs \$ _____ + Wants \$ _____ + Savings \$ _____ = Take-home \$ _____

HOW TO USE THIS Four quick steps

- 1 Fill in your targets** on this page using your real take-home pay.
- 2 List your expenses** on page 2. Planned first, then actual at month end.
- 3 Compare** where your money actually went with your targets on page 3.
- 4 Adjust one thing** for next month. Small changes add up.

EXAMPLE \$4,000 take-home → **\$2,000** needs · **\$1,200** wants · **\$800** savings & debt (made-up numbers, just to show the math)

**STEP 3** Where does it go? My expenses

Write each expense under the right bucket. Not sure if it's a need or a want? Ask: "Would I still have to pay this if money got tight?"

50% NEEDS • must-pay bills	PLANNED	ACTUAL
TOTAL NEEDS	\$	\$

30% WANTS • nice to have	PLANNED	ACTUAL
TOTAL WANTS	\$	\$

20% SAVINGS & DEBT • future you	PLANNED	ACTUAL
TOTAL SAVINGS & DEBT	\$	\$

**STEP 4** Where my money actually went vs. my target

Copy your totals from page 2. Difference = Actual - Target. Actual % = Actual ÷ take-home pay × 100.

BUCKET	TARGET	ACTUAL	DIFFERENCE	ACTUAL %
50% Needs	\$	\$		%
30% Wants	\$	\$		%
20% Savings & debt	\$	\$		%
TOTAL	\$	\$		%

What surprised me this month

One thing I'll change next month

SAL'S TIPS 3 things that make this easier**01** Pay yourself first.

Set up an automatic transfer to savings on payday. If the money moves before you see it, you won't miss it as much.

02 Needs over 50%? Don't panic.

It's a guide, not a grade. Trim wants while you work on the bigger bills, and start with a smaller savings goal, like one month of expenses, so you can win early.

03 Check in once a month.

Ten minutes is enough. Compare what you planned to what you spent, then adjust. A fresh copy of this sheet each month works great.

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Book your free financial review

Bring this sheet. I'll walk through your budget and next steps with you.

salttalkslife.com/financial-services →

READ THE FULL GUIDE

The 50/30/20 rule, explained with a real example

salttalkslife.com/blog/50-30-20-rule

For education only, not personalized financial advice.