NAME: _____

CASH FLOW FOR THE MONTH OF _____

Income Received

Type	Monthly	
	His	**Hers**
Employment Income Received		
Employment Insurance Received		
Net Self-Employment Income		
Canada Child Benefit		
Child Support received		
Spousal Support received		
Government Pension (CPP & OAS)		
Work Pension		
Social Assistance		
Other Income *(Please describe)*		
Other Income *(Please describe)*		
Total Income Received (A)		

Reductions to Available Income Paid

Type	His	Hers
Child Support paid		
Spousal Support paid		
Child Care Expenses (Tax Deductible)		
Medical and Prescriptions		
Dental and Optical		
Tax Deductible Work Expenses		
Total Reductions to Available Income Paid (B)		
Total Net Income Received (A) – (B) = (C)		
Total Net Family Income Received (His + Hers) (D)		

MONTHLY FAMILY SPENDING

Housing		Personal Care	
Rent		Clothing and Accessories	
Mortgage		Hairdresser and Barber	
Property Taxes		Spa and Beauty Care	
Strata/Condo Fees/Pad Rent		Dry Cleaning and Seamstress	
House/Renter's Insurance		Cosmetics and Skin Care	
Repairs and Maintenance		**Recreation and Entertainment**	
Furniture and Equipment		Gym and Club Memberships	
Electricity		Entertainment	
Gas		Sports and Recreation	
Water		Smoking	
Food		Alcohol	
Groceries & Household Supplies		Christmas and Birthdays	
Restaurants and Take-out		Vacation and Holidays	
Transportation		Pet Food and Supplies	
Vehicle Loans and Leases		Veterinarian	
Vehicle Fuel		**Other**	
Parking		Education	
Vehicle Insurance		Miscellaneous	
Repairs and Maintenance		**Charity and Gifts**	
Driver Licensing		Charitable Donations	
Public Transport & Ride Share		Gifts	
Communications		**Debt and Fees**	
Phones		Bank Fees and Charges	
Cable and Satellite		Credit Card Payments	
Internet		Personal Loan Payments	
Streaming Services & Apps		Line of Credit Payments	
Insurance		Other Debt Payments	
Life Insurance		**Monthly Savings**	
Medical and Dental Insurance		RRSP	
Disability Insurance		RESP	
Children		TFSA	
Babysitting (not daycare)		Other Savings	
Children's Toys and Activities			
Children's Allowance/Spending		**Total Monthly Spending (E)**	
		Net Monthly Cash Flow (D) - (E)	