

The Financial Diet

TFD

MONTHLY INCOME \$\$\$	AMOUNT
MAIN GIG	
SIDE HUSTLE(S)	
TOTAL INCOME	

Monthly Expenses	TFD Pro Tip	Amount
------------------	-------------	--------

Home Sweet Home 		
Rent or mortgage	A common rule of thumb is to shoot for rent that's no more than 30% of your gross income.	
Utilities	Automating these means you'll never miss a payment.	
Cable/ Internet	Providers are sometimes willing to lower costs to keep your business. It never hurts to ask.	
Household Items & Groceries	Shop in bulk for better value, and know your DIY cleaning products (white vinegar has about 50 uses)!	
Get Around 		
Car costs (insurance, payments, gas, parking, and repairs/maintenance)	Comparison shop for everything from insurance to gas prices.	
Bus or train pass	Good for your wallet and your body. <3	
Life in the Financially Responsible Lane 		
Entertainment & Eating Out	Scour happy hours, host a potluck, and when all else fails, just say no (to overpriced brunch spots).	
Clothing Personal Care	We recommend quality > quantity for better long-term value.	
Credit Card & Other Debt Payments	Check out "The Two Easiest Ways to Pay Down Your Debt" on youtube.com/thefinancialdiet for tips!	
Health and Wellness 		
Health Insurance	Sites like Policygenius can help you compare options.	
Medication	Sometimes it pays to consider generics.	
Gym or fitness classes	Only useful if you use them ;)	
Total Expenses		