TABWORK

FREE

# BUDGET STARTER

A free four-page sample. One page for the month, a bill checklist, and a way to start this week.

- A ONE-PAGE VISUAL BUDGET — TAKE-HOME, BILLS, LEFTOVER
- A BILL CHECKLIST, INCLUDING WHAT IS ON AUTOPAY
- A SHORT THIS-WEEK LIST, PLUS WHERE THE FULL SYSTEM GOES NEXT
- PRINT ON LETTER PAPER (ALSO PRINTS ON A4), OR IMPORT INTO ANY PDF ANNOTATION APP

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# VISUAL BUDGET

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Fill this page once for the month. Use the leftover as a planning number, not a promise. This is a starting page, not the full Budget System.

MONTH / YEAR _____

TAKE-HOME (NET) _____

ESSENTIAL BILLS (FROM THE CHECKLIST) _____

LEFTOVER _____

| TAKE-HOME THIS MONTH | BILLS THIS MONTH |
| --- | --- |
| NET · AFTER TAX IF YOU SET IT ASIDE | FROM THE CHECKLIST<br>OPEN → |
| **LEFTOVER** | **NOT ON AUTOPAY** |
| TAKE-HOME MINUS BILLS | COUNT · NEXT DUE ____<br>OPEN → |

## This month, in words

## Must be paid

## Can wait or cut

OPEN THE BILL CHECKLIST → · THIS WEEK AND WHAT IS NEXT →

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# BILL CHECKLIST



List the bills that come out this month. Mark which ones are already on autopay, and which ones you still have to pay yourself.

MONTH / YEAR _____

TOTAL BILLS (FILL IN) _____

ON AUTOPAY (FILL IN) _____

NOT ON AUTOPAY (FILL IN) _____

## Checklist

| BILL | AMOUNT | DUE DAY | AUTOPAY (Y / N) | PAID (Y / N) |
|---|---|---|---|---|
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## What is not on autopay — pay these first

BACK TO THE VISUAL BUDGET → · THIS WEEK AND WHAT IS NEXT →

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# FREE THIS WEEK

A short list you can run once a week. Adapt it. This is not a required routine.

- [ ] Update take-home and bills on the visual budget page
- [ ] Check the checklist: what is due in the next seven days
- [ ] Pay or schedule anything that is not on autopay
- [ ] Write this week's leftover in one number
- [ ] If a bill cannot be paid on time, write the next step (move, pause, or ask)

## Notes for this week

## If you want the full system

This sample is a starting page. The TABWORK Budget System is four full editions — a calculating workbook plus printable and hyperlinked PDFs in each one:

03A Irregular Income · 03B Couples · 03C Paycheck to Paycheck · 03D ADHD Money (a label for that edition, not a clinical or diagnostic claim).

You can buy one edition, or all four in a bundle. Details are at tabwork.org/budget. This file is for personal use: print it, fill it in, and keep a copy. Please don't resell or post it.

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