

Solo Dad Budget Template

Running your household on one income

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MONTHLY INCOME

Take-home pay (primary job)	_____
Secondary job / freelance	_____
Child support received (if applicable)	_____
Other income	_____
Total Monthly Income	_____

HOUSING

Rent / mortgage	_____
Renter's / homeowner's insurance	_____
HOA / other fees	_____

FOOD

Groceries	_____
Eating out	_____

KIDS

Child support paid (if applicable)	_____
School fees / supplies	_____
Childcare / daycare	_____
Activities / sports	_____
Clothing	_____
Medical (co-pays, prescriptions)	_____

HEALTH

Health insurance premium	_____
Gym / fitness	_____
Therapy / counseling	_____

UTILITIES

Electric	_____
Gas / heat	_____
Water	_____
Internet	_____
Phone	_____

TRANSPORTATION

Car payment	_____
Insurance	_____
Gas	_____
Maintenance / repairs	_____

DEBT

Credit card minimums	_____
Student loans	_____
Other debt payments	_____

MISC / LEGAL

Attorney retainer / legal fees	_____
Subscriptions	_____
Personal spending	_____
Emergency savings	_____

Total Monthly Income	_____
Total Monthly Expenses	_____
What's Left (Income minus Expenses)	_____

If "what's left" is negative, find the one biggest expense you can reduce first. Don't cut everything at once: pick the most impactful single change.