



KEMP COUNSELING AND CONSULTING SERVICES
Northeast Florida Adoption Support
Dr. Shawna Kemp Haley, Ed.D, LCSW
Carissa Heck, MSW, LCSW

Financial Worksheet (Monthly)

Expense	Source	Amount
Home Mortgage/Rent		
Home/Renters Insurance		
Electricity		
Telephone		
Water/Sewer		
Cable/Internet		
Cell Phone		
Groceries		
Eating Out	Estimate	
Childcare		
Child Support		
Auto Loan/Payment		
Car Fuel	Estimate	
Car Maintenance	Annual and divide by 12	
Car Insurance	Annual premium divide by 12	
Health Insurance		
Life Insurance		
Medical Expenses		
Prescriptions		
Other Medical Expenses		
Dry Cleaning		
Clothing	Estimate annual divide by 12	
Entertainment		
Memberships (i.e. gym, social)		
Subscriptions (i.e. Netflix, etc.)		
Personal Care		
Charitable Cash Donations		
Gifts	Estimate annual divide by 12	
Other expenses	Estimate annual divide by 12	
Investments		
Total Monthly Income:		
Total Monthly Expenses:		
Unallocated Surplus Income:		
Signature:		Date:
Signature:		Date: