



Budget Worksheet

Many retirees find that their essential expenses in retirement take up a lot of their income. Creating a budget to help get a general idea of what you're spending is a smart decision. If you are looking for a target starting point for accessing what your expenses might be in retirement and you're uncertain where to begin, you might consider using a rough estimate of 70% as essential and 30% discretionary (or nonessential) spending. Of course, your actual budget will vary based on your lifestyle and personal situation.

Essential Budget Items	Per Month
Household Expenses	
Mortgage/Rent	\$
Utilities/Cable/Internet	\$
General Maintenance	\$
Household Supplies	\$
Property Tax & Insurance	\$
Credit Card Debt Payments	\$
Meals	
Groceries	\$
Beverages	\$
Essential Entertaining	\$
Personal Care	
Clothing	\$
Products/Maintenance	\$
Healthcare	
Medicare/Supplemental Insurance	\$
Out of Pocket Payments	\$
Dental	\$
Eye Doctor/Glasses	\$
Other Essential Expenses	\$
Transportation	
Car Payments/Auto Insurance	\$
Maintenance and Fuel	\$
Taxes, Registration, etc.	\$
Essential Transportation Costs	\$

Discretionary Budget Items	Per Month
Household Expenses	
Home Improvement	\$
New Purchases	\$
	\$
	\$
	\$
	\$
Meals	
Dining Out	\$
Entertaining	\$
	\$
Personal Care	
The Extras	\$
Products/Maintenance	\$
Healthcare	
Other Out of Pocket Insurance	\$
	\$
	\$
	\$
	\$
Transportation	
Discretionary Travel	\$
Vacations	\$
Upgrades	\$
Other	\$

Essential Budget Items	Per Month
Leisure & Hobbies	
Essential Spending	\$
Gifts and Holidays	\$
Tax Considerations	
Charitable Contributions	\$
Income Tax	\$
Other	\$
Miscellaneous	
	\$
	\$
	\$
	\$
	\$
	\$
	\$
TOTAL ESSENTIAL	\$

Discretionary Budget Items	Per Month
Leisure & Hobbies	
Discretionary Spending	\$
Gifts and Holidays	\$
Tax Considerations	
Charitable Contributions	\$
Gifts	\$
Other	\$
Miscellaneous	
	\$
	\$
	\$
	\$
	\$
	\$
	\$
TOTAL DISCRETIONARY	\$

Our consultants are here to help you with your retirement planning needs at every step. Schedule an Advice session with a TIAA-CREF Consultant today!

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