## NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION



## **CASH FLOW WORKSHEET**

ESSENTIALS		NET INCOME
HOUSING	FOOD/HOUSEHOLD PRODUCTS	Income A
Mortgage/Rent	Groceries	Income B
Second Mortgage	Toiletries	Other
Real Estate Taxes	Cleaning Supplies	Other
HOA Dues	Other ()	
Maintenance	HEALTH/LIFE INSURANCE	TOTALS
Other ( )	– Health Insurance	Total Expenses
UTILITIES	Life Insurance	Total Income
Electric	Long Term Care Ins	
Gas	_ AUTO & HOME INSURANCE	
Water	Car payment	
Trash		
Phone		
Internet	– Renter's Insurance	
Cable	– Home Insurance	
WANTS		
DINING & ENTERTAINMENT	PERSONAL & MI	SC
Dining Out/takeout	Personal Care	
Vacation(s)	Gym & Club Fees _	<del></del>
Sports & Hobbies	Subscriptions	<del></del>
Shows & Events	Pet Care	
Beer/Wine/Spirits	Charity / Gifting	
SAVINGS	DEBT	
Emergency Savings	Credit Card A	
Retirement Savings	Credit Card B	
Education Savings	Personal Loans	
Personal Investments	Student Loans	