

Income & Resources Tracker

Use this worksheet to get a better sense of when you earn money. Write down how much comes in each week. In some weeks, it may be 0.

Some money doesn't come in every month or at the same time each month. For each income source, check whether it is regular, irregular, seasonal or one-time.

	Week 1	Week 2	Week 3	Week 4	Total/Month	Regular	Irregular	Seasonal	One-time
<i>Example: Job 1 salary</i>		\$900		\$900	\$1,800	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Example: Task rabbit gigs</i>	\$45	\$30	\$60	\$70	\$205	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Job 1						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Job 2						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-employment						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Informal job/gigs						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child support/ alimony						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Security						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rental income						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unemployment/ Other (TANF, SNAP, etc.)						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disability						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Investments/pensions						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gifts/Support from family/ Other income						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEKLY TOTAL									

This Income & Resources Tracker is adapted from the Consumer Financial Protection Bureau's Your Money Your Goals toolkit.