

# Paycheck Budget Template for Beginners

Free printable worksheet by [frugenzaliving.com](http://frugenzaliving.com) - plan one paycheck before the money disappears.

## 1. Income

Paycheck date	
Next payday	
Paycheck amount	\$
Other income	\$
Total available	\$

## 2. Bills Due Before Next Payday

Bill name	Due date	Amount
		\$
		\$
		\$
		\$
Total bills due		\$

## 3. Savings + Debt

Emergency fund	\$
Sinking fund	\$
Debt minimum	\$
Extra debt	\$
Total savings/debt	\$

## 4. Flexible Spending

Groceries	\$
Gas/transportation	\$
Household basics	\$
Personal/eating out	\$
Total spending	\$

## 5. Remaining Balance

Income	\$
Minus bills	-\$
Minus savings/debt	-\$
Minus spending	-\$
Remaining	\$

## 6. Leftover Plan

Buffer	\$
Roll over	\$
Save	\$
Planned spending	\$
Notes	

**Formula:** Remaining balance = income - bills - savings - debt - spending.

# Budgeted vs Actual Tracker

Compare your plan with what actually happened. Adjust the next paycheck based on the difference.

## Budgeted vs Actual

Category	Budgeted	Actual	Difference	Notes
Bills due	\$	\$	\$	
Savings	\$	\$	\$	
Debt payments	\$	\$	\$	
Groceries	\$	\$	\$	
Gas/transportation	\$	\$	\$	
Household basics	\$	\$	\$	
Personal/eating out	\$	\$	\$	
Buffer/leftover	\$	\$	\$	
Other	\$	\$	\$	

## Payday Review Questions

Which category went over budget?	
Which bill surprised you?	
What amount should change next payday?	
How much leftover should roll over?	
One habit to improve next paycheck	

## How to Use This in Google Sheets or Excel

1	Create columns: Category, Budgeted, Actual, Difference, and Notes.
2	Add rows for bills, savings, debt, groceries, gas, household, personal, and buffer.
3	Use the formula: Remaining balance = income - bills - savings - debt - spending.
4	Duplicate the sheet or tab for each payday.

If you are dealing with serious debt, missed payments, or complex financial decisions, consider speaking with a qualified financial counselor. This worksheet is for general planning only.

# \$1,700 Paycheck Budget Example

The numbers below are examples only. Your real budget should match your income, bill due dates, debt minimums, and basic needs.

## Example Breakdown

Category	Amount	Purpose
Bills Due	\$930	Rent set-aside, phone, utilities, debt minimum
Savings	\$125	Emergency fund and sinking fund
Flexible Spending	\$540	Groceries, gas, eating out, personal, household basics
Buffer	\$105	Small cushion before the next paycheck

## Example Line Items

Item	Amount
Rent set-aside	\$650
Phone	\$60
Utilities	\$120
Minimum debt payment	\$100
Emergency fund	\$75
Sinking fund	\$50
Groceries	\$250
Gas	\$100
Eating out	\$60
Personal spending	\$80
Household basics	\$50
Buffer	\$105

**Total:**  $\$930 + \$125 + \$540 + \$105 = \$1,700$

**Simple rule:** Give every dollar a job, but keep a small buffer so the plan is realistic.

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