

## Example Client Family Worksheet

### Background:

Your name is Pat, you are 38 years old and separated from your spouse. You have one twelve year old daughter and twin eight year old sons. The kids attend public school and take the school bus home each day after school; Diana has a key and she takes care of Sam and Luke after school, and has the household chores and dinner started before you arrive home after work. As a high school graduate the best job you can find is a full-time manager of a local retail store. At this job you have an annual income of \$35,360. (\$17/hour x 40 hours/week x 52 weeks/year)

### Bills:

Debt: You have \$7,000 in credit card debt; you pay \$450 per month toward your debt.

Housing: You rent a 3-bedroom townhouse in Herndon; your monthly payment is \$1,700.

Utilities: \$100 monthly internet, cable and phone bill; \$50 monthly cell phone bill; \$25 monthly electric bill; \$50 monthly gas bill.

Transportation: You own a 2001 Dodge Neon with \$120 monthly car payment; \$100 monthly car insurance bill.

Medical issues/insurance: You and your children have health insurance through your work; \$200 monthly health insurance premium.

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 After all these bills and taxes are paid you have \$530 a month...

What are some other things not listed in your bills and not counting food that you might want or need to use some of the \$530 you have left for each month?

Given your budget limitations what will you spend to feed your family of four for the month? (make cuts if necessary from your "My Family Worksheet" amount...)

7 Breakfasts: \_\_\_\_\_

+

7 Lunches: \_\_\_\_\_

+

7 Dinners: \_\_\_\_\_

+

Snacks: \_\_\_\_\_

= \_\_\_\_\_ x 4 weeks = \$ \_\_\_\_\_ per month