

1. Gross Income per pay period \$ _____

Minus:

Taxes

 Federal \$ _____

 State \$ _____

 Local/City \$ _____

 Social Security (FICA) \$ _____

 Medicare \$ _____

2. Total taxes withheld \$ _____

Automatic Payroll Deductions

 Medical Insurance \$ _____

 Life Insurance \$ _____

 Disability Insurance \$ _____

 Dental Insurance \$ _____

 Charitable Contributions \$ _____

 Retirement Plan 401(k), 403(b), and so on \$ _____

 Retirement Plan Loan Repayment \$ _____

 Deferred Compensation Plan \$ _____

 Employee Stock Purchase Plan \$ _____

 Flexible Spending Acct FSA (Section 125) \$ _____

 U.S. Savings Bonds \$ _____

 Other Automatic Drafts for Investments \$ _____

 Other Automatic Drafts for Expenses \$ _____

3. Total payroll deductions (excluding taxes) \$ _____

4. Net income per pay period (Line 1 - [Line 2 + Line 3]) \$ _____

5. How many times are you paid per year? _____

a. Weekly = 52

b. Every other week = 26

c. Twice a month = 24

d. Monthly = 12

6. Multiply Line 4 times Line 5 for annual net income \$ _____

7. List traditional job-related expenses (annual)

Expense	Annual Cost
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Commuting costs	\$ _____
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Clothing and clothing maintenance	\$ _____
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Child care	\$ _____
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Unreimbursed business expenses	\$ _____
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8. List nontraditional job-related expenses (annual)

You may incur these expenses due to the stress of your job, long hours, or working conditions. Examples include dining out frequently because you're working long hours, going out for lunch instead of preparing them at home, treating yourself to much-needed massage therapy or vacations to help decompress from the stresses of your job, and so on.

Expense	Annual Cost
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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_____	\$ _____
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9. Total annual expenses on Lines 7 and 8 \$ _____

10. Subtract Line 9 from Line 6 for annual spendable income \$ _____

11. Divide Line 10 by number of hours worked per year (traditional full-time work equals 2,000 hours)

Equals your net hourly spendable income	\$ _____
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