

Handout 1.2: List of Expenses and Job Income

Based on your life choices, select some of the income and expenses below to create your budget for the year and add them to Activity 1.1. The amounts are based on approximate national averages.

Gym membership \$500	Language course \$500	Skills/training course \$1,000
Rent \$15,000	Living at home \$0	Phone plan \$800
Groceries (all purchases – living on your own) \$4,000	Groceries (some purchases – sharing costs with others) \$1,500	Groceries (minimal purchases – living with family) \$750
Domestic travel (1 week) \$2,000	International travel (1 week) \$3,000	Extended travel (1 month) \$5,000
Public transit for work and social activities (frequent use) \$1,500	Public transit for work and social activities (less frequent) \$750	Gas and car expenses \$4,000
Entertainment and dining out (frequent) \$8,000	Entertainment and dining out (occasional) \$4,000	Entertainment and dining out (rarely) \$2,000
Part-time job (year round) \$15,000	Full-time job (year round) \$27,000	Volunteering in the community \$0
Summer Internship (3 months) \$6,000	Occasional work (i.e., babysitting, dog walking) \$1,000	Write-in: _____