

Handout 1.4: Average Expenses

Below are some national averages for a variety of expenses.

Housing:

One-bedroom apartment rental: \$1,900

Two-bedroom apartment rental: \$2,300

Mortgage: \$3,000

Groceries:

One adult: \$300

Two adults: \$600

Family of four: \$1,100

Health:

Monthly gym membership: \$55

Monthly class pass (e.g., yoga, pilates, martial arts): \$150

Therapy session: \$200

Childcare:

Government subsidized: \$500

Non-subsidized: \$1,200

Transportation:

Car lease: \$600

Gas: \$225

Insurance: \$150

Public transit (monthly pass): \$110

Entertainment:

Dinner at a restaurant (one person): \$30-\$150

Movie ticket: \$16

Concert ticket: \$30-250

Communications:

Cell phone monthly plan: \$55

Internet: \$65

Cable: \$60

Streaming service: \$20

Grooming:

Men's haircut: \$35

Women's haircut: \$80 (add more for special treatments)

Manicure: \$30

Pedicure: \$50