



## Financial Empowerment

### Income and financial resources tracker

**Income for the Month of:** \_\_\_\_\_

On this worksheet, enter net income you have earned in each category.

1. Add each column to get weekly income totals. Add the total for each week to get the monthly total.
2. Get a total by source by adding each row.
3. Put a check in the column that best describes the income: regular, irregular, seasonal, or one time.

|                           | Week 1<br>_ / _ / _ | Week 2<br>_ / _ / _ | Week 3<br>_ / _ / _ | Week 4<br>_ / _ / _ | Total by<br>source | <i>Regular</i> | <i>Irregular</i> | <i>Seasonal</i> | <i>One-time</i> |
|---------------------------|---------------------|---------------------|---------------------|---------------------|--------------------|----------------|------------------|-----------------|-----------------|
| Job                       |                     |                     |                     |                     |                    |                |                  |                 |                 |
| Second job                |                     |                     |                     |                     |                    |                |                  |                 |                 |
| Self-employment<br>Income |                     |                     |                     |                     |                    |                |                  |                 |                 |
| Child Support             |                     |                     |                     |                     |                    |                |                  |                 |                 |
| Gift                      |                     |                     |                     |                     |                    |                |                  |                 |                 |
| Tax Refund                |                     |                     |                     |                     |                    |                |                  |                 |                 |
| Other                     |                     |                     |                     |                     |                    |                |                  |                 |                 |

Once you have tracked your income, be sure to add it into your budget or cash flow budget. For more information on cash flow budgets, see *Module 10: Managing cash flow*.



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|              |  |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|--|
| Weekly Total |  |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|--|

Once you have tracked your income, be sure to add it into your budget or cash flow budget. For more information on cash flow budgets, see *Module 10: Managing cash flow*.