

Family and Consumer Sciences

Counting Your Money Calendar



Sample



What Is Ohio State University Extension?

Ohio State University Extension provides trusted, practical education to help people, businesses, and communities solve problems, develop skills, and build a better future.

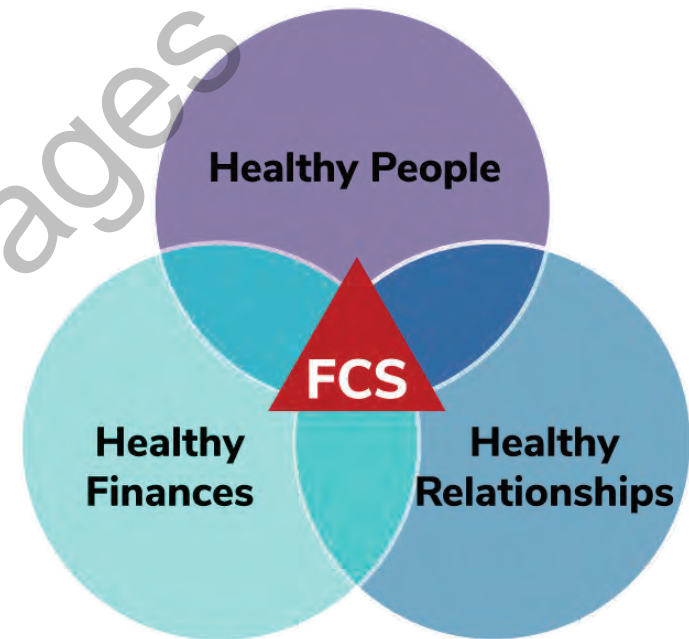
Ohio State University (OSU) Extension has local offices in each of Ohio's 88 counties. The Department of Extension is housed within the College of Food, Agricultural, and Environmental Sciences (CFAES) at The Ohio State University. Its faculty, staff, and volunteers engage Ohioans at all stages of life in non-formal educational programming grounded in the interaction and experiences of the learner. Extension's evidence-based education is designed to enhance social, economic, and environmental conditions. County educators collaborate with community stakeholders, campus-based faculty and staff in CFAES, the College of Education and Human Ecology, and others at The Ohio State University, and beyond.

OSU Extension is jointly funded by federal, state and county governments and private grants. Programs emphasize "helping people help themselves."

Extension education programs are offered in four areas: Family and Consumer Sciences, 4-H Youth Development, Community Development, and Agriculture and Natural Resources.

OSU Extension Family and Consumer Sciences is sensitive to the economic challenges families and communities face. Research indicates use of this tool helps families maintain financial stability.

Family and Consumer Sciences program areas focus on the following areas:



Learn more about Family and Consumer Sciences programs at fcs.osu.edu.

Why Do I Need This Money Management Tool?

Money is something (pieces of stamped metal, printed paper, or digital blockchains) customarily and legally used as a medium of exchange, a measure of value, or a means of payment.

All people interface in the global economy by exchanging money to purchase goods and services. Money is used as payment, and the money has a measure of value based on country of origin. Individuals receive money as payment for their time, knowledge, and physical labor.



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How to Use This Resource

This calendar is divided into two main sections, planning and implementation. The planning section contains seven guides that will help you to understand your current financial status and work toward building a spending plan. The guides are designed to be completed in order. The planning section will take at least a month to complete as a key component includes tracking all spending. If you have a co-spender, work on the guides together. As a household, you can discuss your plan and work toward accomplishing your financial goals. After the planning section, there is a calendar where you can implement your spending plan and adjust month to month as needed. For additional help, contact your local OSU Extension office at extension.osu.edu/lao



Guide One

Financial Well-Being Questions

Managing where your money goes may seem like a hard thing to do. It can be easier than you think. First, answer the following questions.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Is your money gone before the next pay period?
<input type="checkbox"/>	<input type="checkbox"/>	Do you often wonder where your money was spent?
<input type="checkbox"/>	<input type="checkbox"/>	Do you run out of food or gas for your car before the next pay period?
<input type="checkbox"/>	<input type="checkbox"/>	Do you receive bill collection notices?
<input type="checkbox"/>	<input type="checkbox"/>	Do you dream about buying something, but think you can never afford it?
<input type="checkbox"/>	<input type="checkbox"/>	Do you borrow money or food from family, friends, or agencies to make ends meet each month?
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Are some of your bills paid late each month?
<input type="checkbox"/>	<input type="checkbox"/>	Are you seeking a tool to help you manage your finances?

If you answered “Yes” to just one of these questions, this calendar can help you:

1. Learn how much money you have to spend each month.
2. Keep spending records to find out how much money you are spending each month for your needs and wants.
3. Make a spending plan so you manage where your money goes.

“If you don’t manage your money, your money will manage you!”

Guide Two

Ranking Needs and Wants

Everyone has needs and wants. A basic need is something you must have to live your daily life, such as food, water, clothing, and shelter. Basic needs also include taking care of yourself and your family, keeping them safe, and having a source of income.

Wants come from our personal and family values. We are continually challenged to evaluate our list of wants. Be honest and thoughtful as you identify you and your family's wants. Some examples might be a different vehicle, the latest digital device, or this season's newest fashions.

Managing your financial "needs" and still being able to enjoy some financial "wants" is considered financial stability by many. When hard choices have to be made, a good rule to use is "meet your basic needs first."

Fill out the charts below to identify your needs and wants. Then rank them in order of importance to you and your family. (1 being most important)



Needs	Cost	Rank

Wants	Cost	Rank

Guide Three

Setting SMART Goals

SMART goals are an effective planning tool to help us achieve financial stability. We all have dreams of things we want in life. Use the SMART goal process to identify first steps toward achieving your financial dream. When broken down into manageable steps, it is easier to know where to begin.



SMART goals are:

Specific – Set goals you can clearly name.

Measurable – By the amount of time and money it will take to reach them.

Attainable/Achievable – Given your financial situation, the amount to set aside needs to fit within your overall spending plan.

Realistic – Make sure your goals fit your needs. Maybe it is impossible to save \$100 a month right now; try for \$50.

Time Bound – Set a specific target date (e.g., NOT “Spring of 2028” BUT April 16, 2028).



Goal	Today's Date
Set a SMART Financial Goal:	1/5/2028
S Save for a laptop computer.	
M Save \$1,500 by August 15, 2028.	
A Would need \$200 each month.	
R Able to complete with a summer job.	
T Ready to take to college on September 1, 2028.	

Goal	Today's Date
	/ /
S	
M	
A	
R	
T	

Guide Nine

Follow Your Balanced Monthly Spending Plan

Following your spending plan is just as important as making it. Use the calendars (pages 12–23):

- Write in the name of the month and dates for that month.
- Write when income will be received (you may want to use green ink/pencil so it's easily seen).
- Write in when fixed payments and bills are due (you may want to use red ink/ pencil).
- Write in any special events, such as gifts for birthdays or other occasional expenses.

Each month, be sure to:

- record your income.
- draw a line through the bill listed on your calendar as you pay it.
- list your fixed, flexible and occasional expenses.
- make a spending plan on the calendar page.
- follow your spending plan.
- track your spending each week.
- update your spending plan to account for additional income or expenses.
- mark any carryover from last month on your next month's calendar."

MONTH	March						YEAR	20__
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 Save \$300 Rent \$1,200 Allowances \$20	2 Water/Sewer \$40	
3		4 Insurance \$70	5 Phone \$150 Lunch \$20	6 Transportation (Trans) \$15	7 Vet Visit \$90	8 Pay \$1,308 Allowances \$20	9 Eating out \$80	
10		11 Groceries \$200	12 Laundry \$30	13 Car Pay \$280 Electric \$110	14 Haircut \$40 Lunch \$25	15 Trans. \$30 Allowances \$20	16	
17	17 Mini Golf \$30	18 Credit Card payment \$120	19 Utilities/Gas \$70	20	21	22 Pay \$1,308 Allowances \$20	23 Eating out \$80	
24	24	25 Groceries \$200 Trans. \$15	26 Furnace Filter \$50	27 Sweatshirt \$80	28 Trans. \$20 Lawn Service \$40	29 Allowances \$20	30 Movies \$60	
31								

MONTH

YEAR 20__

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Income
 Carryover From Last Month \$ _____
 Earned Income \$ _____
 Other Income \$ _____
 Other: _____ \$ _____
Total Income \$ _____

Fixed Expenses
 Savings/Investments \$ _____
 Rent/Mortgage \$ _____
 Utilities \$ _____
 Digital Services \$ _____
 Auto Loan/Lease \$ _____
 Insurance \$ _____
 Child/Dependent Care \$ _____
 Debt Repayment \$ _____
 Other: _____ \$ _____
 Other: _____ \$ _____
Total Fixed Expenses \$ _____

Flexible Expenses
 Food \$ _____
 Eating Out \$ _____
 Non-Food Items \$ _____
 Clothes and Laundry \$ _____
 Medical \$ _____
 Transportation \$ _____
 Home Maintenance/Repairs \$ _____
 Personal Care \$ _____
 Allowances \$ _____
 Occasional Expenses \$ _____
 Entertainment \$ _____
 Subscriptions \$ _____
 Habits \$ _____
 Hobbies \$ _____
 Added Savings Toward Goals \$ _____
 Other: _____ \$ _____
Total Flexible Expenses \$ _____
Total Expenses \$ _____
 (fixed + flexible and occasional)
Income \$ _____
Minus Total Expenses -\$ _____
Balance = \$ _____



Ohioline Fact Sheets

Preparing a Net Worth Statement -
ohioline.osu.edu/factsheet/hyg-5245

Basic Estate Planning: Introduction -
ohioline.osu.edu/factsheet/ep-1

Getting to Know You, Your Co-spender, and Money -
ohioline.osu.edu/factsheet/hyg-5241

Don't Clash Over Cash -
ohioline.osu.edu/factsheet/hyg-5208

Basic Estate Planning: Miscellaneous Issues -
ohioline.osu.edu/factsheet/ep-12

Visit go.osu.edu/AdditionalCalendarResources
 for more resources on financial wellness.

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