

Monthly One-Income Budget Template

The Suddenly Single Financial Survival Guide

A simple monthly budget worksheet for seeing what is coming in, what is going out, and what must change.

Use this as a practical planning tool, not legal, medical, financial, home-repair, or mental-health advice. For urgent danger or crisis, contact emergency services or a qualified professional.

Income

Primary job take-home	
Part-time / side income	
Child support received	
Alimony received	
Other income	
Total monthly income	

Core Expenses

Mortgage or rent	
Utilities	
Internet and phone	
Transportation	
Insurance	
Groceries	
Debt minimums	
Child care / child support	
Subscriptions	
Total monthly expenses	

Monthly Review

Income minus expenses	
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Biggest win this month	
Biggest challenge this month	
Priority next month	