Income tracking sheet

1. Gather all of your paystubs, stubs from government cheques or direct deposit notices, and records of electronic payments.
2. Fill in the **net income** (after taxes and deductions) that you receive each week for any of the categories below that apply to you.
3. Add up the amounts that you receive each week – this is your total weekly income.
4. Add up all of the weekly totals – this is your total income for this month.
5. If your income varies from month to month, it may be helpful to fill in this tracking sheet for several months. Make copies of this tracker to use it for multiple months.

Spending for the month of _____

Source of income	Week 1	Week 2	Week 3	Week 4	Week 5	Total
Employment income						
Self-employment income						
Child support income						
Government assistance (e.g. Employment Insurance, social assistance)						
Student loan (money received)						
Government benefits (e.g. Canada Child Benefit, GST/HST credit)						
Disability benefits						
Other:						
Other:						
Other:						
					Total monthly income	