



BRIDGE SOLUTIONS

My One Week Micro-Budget

MY INCOME THIS WEEK

_____ Hours x \$_____ Hourly Salary = \$_____

Other Income \$_____

TOTAL INCOME \$_____

CAN-GENERATE THIS WEEK (go to Quick Income Brainstorming)

Things I can sell or services I can provide to earn cash immediately

MUST-PAY THIS WEEK (essentials only)

Housing (min needed) \$_____

Utilities \$_____

Transportation (gas, bus, rideshare) \$_____

Childcare \$_____

Groceries \$_____

Phone/Internet \$_____

Other Urgent Needs \$_____

TOTAL ESSENTIALS THIS WEEK \$_____

Surplus/(Deficit) \$_____

CAN-PAUSE THIS WEEK

Items I can pause for the week (subscriptions, eating out, extra driving)