



**Intrax Teacher Exchange Program**  
 600 California Street, 10<sup>th</sup> Floor  
 San Francisco, CA 94108  
 Phone: 877-651-5959  
[www.intraxinc.com](http://www.intraxinc.com)

## Intrax J-1 Teacher Program Sample Budget Planning Sheet

<b>MONTHLY INCOME:</b>	
Gross Salary:	
Other Income:	
<b>TOTAL MONTHLY INCOME:</b>	
<b>MONTHLY EXPENSES:</b>	
Rent	
Renters insurance	
Maintenance	
Utilities (gas, oil, water, electric)	
Cable TV	
Telephone (home, cell)	
Food (groceries, takeout)	
Childcare	
Car payment / local transportation	
Auto insurance	
Entertainment (movies, travel)	
Clothing	
Vacation	
Debt (loan payments, credit card payments)	
Savings (incl emergency fund)/investments	
Medical/dental	
Health/life insurance	
Union dues, professional fees	
Employer retirement plan contribution	
Taxes (Federal, State, Local Income Taxes)	
Other retirement contributions / pension plans	
Other	
<b>TOTAL MONTHLY EXPENSES:</b>	
<b>TOTAL MONTHLY INCOME – TOTAL MONTHLY EXPENSES = FUNDS AVAILABLE</b>	