

ADHD Budget Planner

4 buckets. 5 minutes per week. That's it.

Month: _____ Income: \$ _____

 **NEEDS (50%)**
\$ _____
Rent, bills, groceries, insurance

 **WANTS (30%)**
\$ _____
Fun, dining, hobbies, subscriptions

 **SAVINGS (15%)**
\$ _____
Emergency fund, goals, investments

 **OOPS (5%)**
\$ _____
Impulse buys, forgot-about-it costs

SUBSCRIPTION TRACKER (FIND THE ONES YOU FORGOT ABOUT)

| SERVICE | MONTHLY COST | LAST USED | KEEP? Y/N |
|----------------------------|--------------|-----------|-----------|
| | | | |
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| | | | |
| | | | |
| TOTAL SUBSCRIPTIONS | | | |

 **IMPULSE BUY COOLING PERIOD**
Want it? Write it here. Wait 48 hours. Still want it? Buy it from your Wants bucket.

| ITEM | COST | DATE ADDED | 48H LATER: STILL WANT? |
|------|------|------------|------------------------|
| | | | |
| | | | |
| | | | |
| | | | |

 **WEEKLY 5-MINUTE CHECK-IN**

Week 1 _____ On Track Over Under

Week 2

On Track Over Under

Week 3

On Track Over Under

Week 4

On Track Over Under

You don't need a 47-category spreadsheet. You need 4 buckets and 5 minutes. 