



KEEP LEFT RECOVERY

KLR Personal Budget Worksheet

Month of _____

Monthly Expense	Personal	Business	Monthly Expense	Personal	Business
HOUSING/SOBER LIVING			TRANSPORTATION		
Rent	\$	\$	Gas	\$	\$
Renter's Insurance	\$	\$	Car Insurance	\$	\$
Other:	\$	\$	Car Payment	\$	\$
MEDICAL / HEALTH			Car Wash	\$	\$
Health Insurance	\$	\$	Oil Changes/Repairs	\$	\$
Doctor/Dentist Co-pays	\$	\$	Taxes/Registration	\$	\$
Prescription Co-pays	\$	\$	Parking Tickets	\$	\$
Therapy/Counseling	\$	\$	Uber/Lyft/Bird Scooters	\$	\$
Sober Coach	\$	\$	Public Transit	\$	\$
Other:	\$	\$	Other:	\$	\$
UTILITIES			Other:	\$	\$
Electricity	\$	\$	PERSONAL CARE		
Gas/Heat	\$	\$	Cell Phone bill	\$	\$
Water	\$	\$	Clothing	\$	\$
Cable/Internet/Satelite	\$	\$	Shoes	\$	\$
Streaming Services (Netflix/HBO)	\$	\$	Comics	\$	\$
Trash	\$	\$	Health & Fitness (Gym, Yoga, etc.)	\$	\$
Other:	\$	\$	Hobbies (Reading, Golf, etc.)	\$	\$
FOOD			Online Subscriptions (Spotify)	\$	\$
Groceries	\$	\$	Trips/Vacations	\$	\$
Restaurant Meals	\$	\$	Gifts	\$	\$
Fast Food	\$	\$	Other:	\$	\$
Coffee/Energy Drinks	\$	\$	Other:	\$	\$
Uber Eats/Postmates	\$	\$	Other:	\$	\$
7Eleven/Convenience Store	\$	\$	MISCELLANEOUS		
DEBT			7th Tradition	\$	\$
Credit Card	\$	\$	Other:	\$	\$
Student Loans	\$	\$	Other:	\$	\$
9th Step Amends	\$	\$	Other:	\$	\$
Other:	\$	\$			
KLR EPENSES					
Office Expenses	\$	\$			
Contract Labor	\$	\$			
TR	\$	\$	Summary Calculation	\$	\$
T.E.A.M.	\$	\$	Monthly Pre Tax Income	\$	\$
Other:	\$	\$	Monthly Net Income	\$	\$
Other:	\$	\$	- Expenses Total	\$	\$
			= Monthly Expendable Income	\$	\$