



## Mastering Budgeting and Saving Money

### Why Budgeting Matters

- **Control Over Your Finances:** Budgeting helps you manage your money so you can cover your needs and save for your goals.
- **Avoiding Debt:** By planning your spending, you can avoid running out of money and getting into debt. (Debt is money owed that you have borrowed that is promised to be paid back with an additional fee).
- **Achieving Goals:** Budgeting makes it easier to save for things you really want, like a new phone or a special trip.

### Understanding Your Income

- **Sources of Income:** This could be your allowance, part-time job, babysitting, or any other money you receive.
- **Track Your Income:** Know how much money you have coming in each month.

### Creating a Budget

#### Step 1: List Your Income

- Write down all the sources of money you receive and the amount from each source.

#### Step 2: Identify Your Expenses

- **Fixed Expenses:** Regular costs like phone bills, subscriptions, or savings contributions.
- **Variable Expenses:** Costs that can change each month like eating out, movies, or shopping.

# Financial Fitness Facts



## Step 3: Set Spending Limits

- Decide how much you want to spend in each category based on your total income.
- **Example Budget:**
  - **Income:** \$100
  - **Fixed Expenses:** \$20 (e.g., phone bill)
  - **Variable Expenses:** \$40 (e.g., eating out, entertainment)
  - **Savings:** \$20
  - **Remaining:** \$20 (for unexpected expenses or extra savings)

## Tracking Your Spending

- **Keep a Spending Journal:** Write down every purchase to see where your money goes.
- **Use Budgeting Apps:** There are many apps that help track your spending and manage your budget.



## Saving Money

### Set Savings Goals:

- **Short-Term Goals:** Saving for something small like a new book or a concert ticket.
- **Long-Term Goals:** Saving for bigger items like a car or a trip.

### Build an Emergency Fund:

- Save a small amount regularly to cover unexpected expenses, like car repairs or medical bills.

### Saving Strategies:

- **Pay Yourself First:** Set aside a portion of your income into savings before spending on anything else.
- **Automatic Transfers:** Set up your bank account to automatically transfer a portion of your income into a savings account.



# Financial Fitness Facts



## Tips for Effective Budgeting and Saving

- **Avoid Impulse Purchases:** Think carefully before buying something on a whim.
- **Compare Prices:** Look for sales or discounts to get the best value.
- **Plan for Big Purchases:** Save a little each month towards larger items instead of buying on credit.



## Reviewing and Adjusting Your Budget

- **Monthly Review:** Check your budget at the end of each month to see if you stayed within limits.
- **Adjust as Needed:** Make changes to your budget if your income or expenses change.

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## Summary

- **Budgeting** helps you manage your money and plan for both needs and wants.
- **Saving** ensures you have funds for future goals and unexpected expenses.
- **Tracking and Reviewing** your spending helps you stay on top of your finances and make adjustments as needed.





# Financial Fitness Facts

## Quiz: Budgeting and Saving Money

### 1. Why is budgeting important?

- A. It helps you spend more money on unnecessary things
- B. It helps you manage your money, avoid debt, and achieve your financial goals
- C. It allows you to ignore your financial responsibilities

### 2. What is a fixed expense?

- A. An expense that changes each month, like eating out or entertainment
- B. An expense that stays the same each month, like a phone bill or subscription
- C. An expense that you don't have to pay for

### 3. How can you best track your spending?

- A. By keeping a spending journal or using budgeting apps
- B. By ignoring your receipts and checking your balance only occasionally
- C. By spending all your money at once

### 4. What does "pay yourself first" mean in saving money?

- A. Spend your money on fun things before saving anything
- B. Set aside a portion of your income for savings before spending on other things
- C. Only save money if there is any left after spending

### 5. Which of the following is an example of a short-term savings goal?

- A. Saving for a new car
- B. Saving for a concert ticket or a new book
- C. Saving for a house



# Financial Fitness Facts

## Quiz: Budgeting and Saving Money

**6. How often should you review your budget?**

- A. Once a year
- B. At the end of each month
- C. Only when you run out of money

**7. What is an emergency fund used for?**

- A. For planned vacations and trips
- B. For unexpected expenses like car repairs or medical bills
- C. For buying new clothes and accessories

**8. What should you do if you realize you are spending more than you budgeted for?**

- A. Ignore it and continue spending
- B. Adjust your budget or spending habits to stay on track
- C. Ask someone else to cover your extra expenses



# Financial Fitness Facts

## Answers:

1. **B)** It helps you manage your money, avoid debt, and achieve your financial goals
2. **B)** An expense that stays the same each month, like a phone bill or subscription
3. **A)** By keeping a spending journal or using budgeting apps
4. **B)** Set aside a portion of your income for savings before spending on other things
5. **B)** Saving for a concert ticket or a new book
6. **B)** At the end of each month
7. **B)** For unexpected expenses like car repairs or medical bills
8. **B)** Adjust your budget or spending habits to stay on track



# Financial Fitness Facts

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