



# Asian Family Services

*Together enriching lives*

## The “Survival Money Table”

Category	Weekly Amount (\$)	Notes / Examples
Income		Wages, benefits, side jobs
Housing		Rent, mortgage, rates
Food & Groceries		Supermarket, takeaway essentials
Utilities		Power, water, internet, phone
Transport		Petrol, public transport, car expenses
Healthcare		Prescriptions, medical appointments
Other Essentials		School costs, insurance, debt repayments
Total Essentials		<i>(Sum of above)</i>
Disposable Money		<i>(Income – Total Essentials)</i>
My Gambling Limit <i>(optional)</i>		The most I’m prepared to spend on gambling
My Protected “No Touch” Money		The amount I will keep aside for savings



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