***Careers 10 Finance Project: Booklet #3***

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| --- | --- |
| **Name** |  |
| **Occupation/Job** |  |
| **Gross Pay (Year/Annual)** |  |
| **Net Monthly Income** |  |

**Meal Planning**

1. Create a **weekly meal plan** that includes **breakfast, lunch, dinner,** and **snacks.** Even if you’re not a big breakfast eater, or you usually eat just a little for lunch, make a **7 day** plan assuming you are going to eat a well-balanced diet that has a lot of variety.

Think about what your food routine is right now, what you might keep, what you need to change, and how it might be different just because you’re going to be responsible for it!

1. Once you have finished your meal plan, create a **grocery list**. Figure out how much that will cost using a grocery store’s online shopping option.

**Personal Care**

Through the year you will need to purchase items to keep yourself clean, healthy, and ready for work. These things are necessary but the costs can add up!

Make a list of the things you use on a regular basis (toothbrush, shampoo, deodorant, clothing, laundry detergent, etc.) and look up how much they cost on an online shopping site. This will help you get a sense of how much you will be able to afford on personal items.

Once you have completed this booklet, record your monthly amounts here:

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| --- | --- |
| **Monthly Grocery Total** |  |
| **Personal Care** |  |

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**Weekly Grocery List**

Make the **grocery list** for your weekly meal plan. Figure out how much each item will cost using a grocery store’s *online* shopping option. Don’t forget to include every ingredient needed for each meal, each day!

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| **TOTAL** | **$** |

Now use this weekly amount, and multiply it by four to get your estimated monthly amount:

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(Grocery List Total) (Monthly Grocery Total)

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| **Monthly Groceries Total Cost** | $ |
| Is this affordable given the amount you can spend on groceries in your rough budget? |  |
| If not, what might you have to change so you can afford your groceries? |  |

**Personal Care**

*Class Brainstorm:*

Make a list of the things you use on a regular basis and look up how much they cost on an online shopping site. This will help you get a sense of how much you will be able to afford on personal items.

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| **Item** | **Price** |
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| **TOTAL** | **$** |

***\*\*Many of these things you will not need to purchase each month, and some months you will spend more than this. The idea is to get a basic sense of how much you might spend in this area.\*\****