Financial Forecasting Worksheet

A guided 30-minute planning session for your household - quarterly and annually.

Companies don't get surprised by big expenses very often. Before each quarter starts, finance teams sit down and ask three questions: What large costs are coming? Any extra income this quarter? Will we need to dip into savings? That conversation is the difference between reacting to surprises and planning for them.

This worksheet walks you through that same conversation for your own household. Set aside some time - alone or with a partner - and work through the questions below. There are no wrong answers here, just your best honest guess. The goal isn't precision. It's visibility.

How often to use this: Run the Quarterly section every three months. Run the Annual section once a year, ideally around the same time you do your first quarterly check-in of the year.

Before You Start: Things People Forget to Think About

Most missed expenses aren't surprises - they're things we simply didn't pause to think about. Skim this list before answering the questions ahead. Check anything that applies, then bring it into the Large Expenses section.

Vehicles

[ ] Are your tires showing wear, or due for rotation soon?

[ ] Is a routine service (oil change, inspection, registration) coming up?

[ ] Any warning lights, sounds, or issues you've been putting off?

Home

[ ] Any repairs you've been meaning to get to (roof, appliances, HVAC, plumbing)?

[ ] Is a lease renewal, property tax bill, or insurance renewal coming up?

[ ] Any seasonal costs ahead (lawn care, heating/cooling, snow removal)?

Health

[ ] Any appointments, procedures, or prescriptions coming up that cost out of pocket?

[ ] Is everyone due for an annual checkup, dental visit, or vision exam?

[ ] Any ongoing treatment or equipment costs to plan around?

Kids

[ ] Any school costs ahead (registration, supplies, trips, sports, activities)?

[ ] Will childcare costs change at all (summer break, new provider, more hours)?

[ ] Is anyone due for new clothes, shoes, or gear they've simply outgrown?

Subscriptions & Memberships

[ ] Are there subscriptions renewing soon that you might forget about (annual plans especially)?

[ ] Is there anything you're paying for but no longer using?

[ ] Any memberships (gym, clubs, warehouse stores) up for renewal?

Part 1: Quarterly Forecasting Session

Focus on the next 3 months only. Be specific - real numbers, real dates, even if they're estimates.

1. Large or Upcoming Expenses

Think about anything bigger than your normal monthly spending - even if it hasn't happened yet. Pull in anything you checked off on the previous page.

What's the largest expense you expect in the next 3 months, and roughly when will it hit?

Are there any annual or seasonal bills due this quarter (insurance premiums, registration fees, tuition, holidays)?

Is anything in your home, car, or daily life showing signs it might need repair or replacing soon?

2. Income Changes

Income isn't always flat. Even small, temporary changes are worth writing down.

Do you expect any change to your regular income this quarter (raise, reduced hours, bonus, new job)?

Is there any one-time income expected (tax refund, gift, side income, reimbursement)?

Is there any income you're currently counting on that feels uncertain?

3. Planned Use of Savings

If you already know you'll need to dip into savings, naming it now is far better than discovering it later.

Do you expect to use savings for anything specific this quarter? Vacations? Renovations? Continued education? If so, what and how much?

After this quarter, will your savings balance be higher, lower, or about the same as today?

Anything Else Worth Noting This Quarter?

Open space for anything that doesn't fit neatly into the categories above.

Part 2: Annual Planning Session

Zoom out. Think across the full year ahead, not just the next few months. This session can take a little longer than the quarterly one - that's expected.

1. Large or Upcoming Expenses (Full Year)

Look at the whole year. Big, irregular costs are far easier to handle when they're expected.

What are the largest expenses you can already predict for this year (travel, large purchases, medical, education, home or vehicle costs)?

Are there any predictable annual costs that tend to catch you off guard anyway (holidays, back-to-school, annual renewals)?

Is there a major life change on the horizon this year that comes with a cost (move, new child, career change, wedding)?

2. Income Changes (Full Year)

Think beyond this quarter. What does the bigger picture look like for the year?

Do you expect your income to look meaningfully different by the end of this year compared to today?

Are there any income sources you expect to start, end, or change significantly this year?

3. Planned Use of Savings (Full Year)

This is where quarterly plans add up into something bigger. Look at the full picture.

Across the full year, what is savings most likely to be used for?

What is your goal for your savings balance by the end of this year - higher than today, or about the same?

If an unexpected expense hit today, would your current savings comfortably cover it?

Quick Summary - Fill In After Each Session

Use this table as your at-a-glance reference, separate from the detailed notes above.

	This Quarter	This Year
Largest expense expected		
Income change expected?		
Savings expected to be used		
Savings goal by period end		

Tip: Keep this worksheet somewhere you'll actually see it again - the value isn't in filling it out once, it's in comparing this quarter's answers to next quarter's.