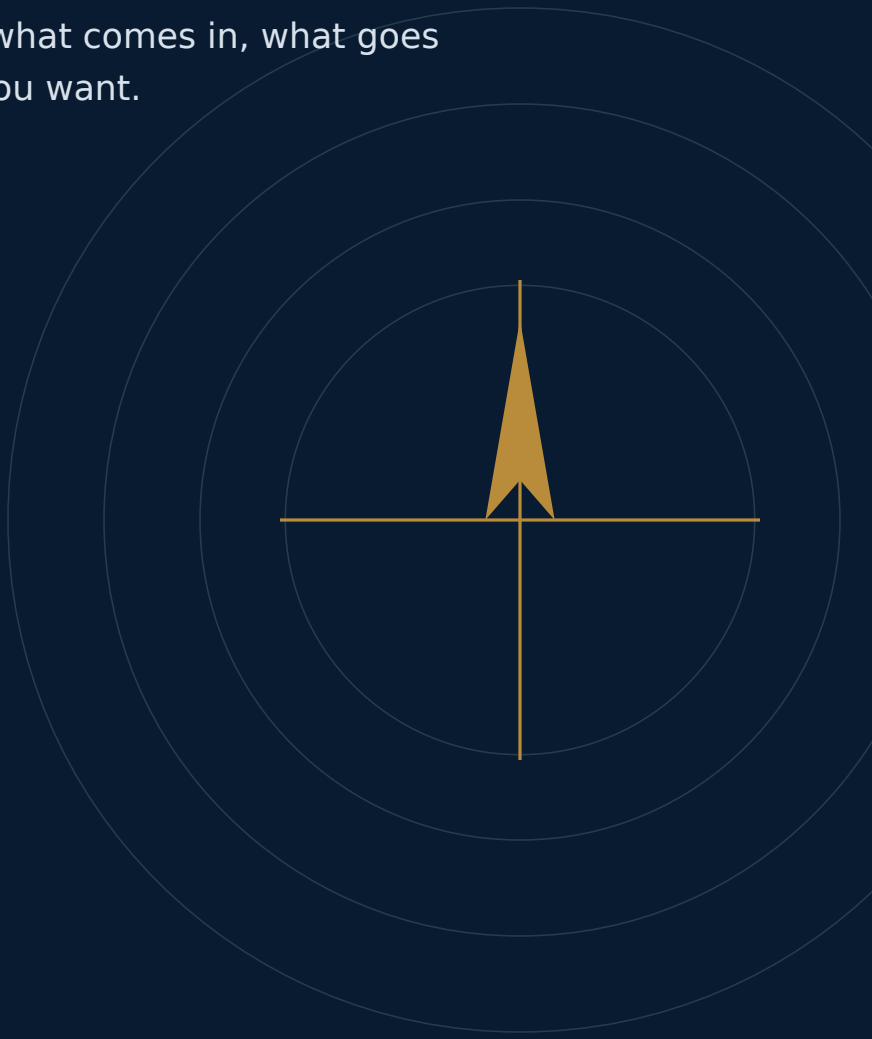
THE ADJUTANT

MILITARY WEALTH · STRATEGY · PURPOSE

KNOW YOUR MONTHLY MARGIN

Retirement Income & Expenses Worksheet

A fillable planning tool to separate what comes in, what goes out, and what remains for the life you want.



01 / INCOME

Convert each source to a monthly amount.

02 / EXPENSES

Include irregular costs and reserves.

03 / MARGIN

Compare the plan with actual spending.

FREE COMPANION RESOURCE / OCTOBER 2026

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01 / INSTRUCTIONS

Use one consistent basis

Download and save a personal copy. Type into the fields in a PDF reader or print and write. Fields do not calculate automatically; use a calculator for every total.

Monthly numbers only

Annual amount ÷ 12. Biweekly pay × 26 ÷ 12. Semimonthly pay × 2. Weekly pay × 52 ÷ 12. These give averages; actual deposit timing can differ.

Separate facts from estimates

Use current statements where available. Label unconfirmed future income and its expected start date. Do not count the same pension, benefit, or household transfer twice.

Gross to net, once

On page 3, deductions mean amounts withheld before deposit. Enter each income stream net of those deductions. On page 4 include only costs not already deducted.

Withdrawals are a separate decision

Record planned investment or savings withdrawals separately from recurring income. This worksheet does not determine a safe withdrawal rate or estimate taxes.

Make it personal and private

Keep your completed file secure. No account numbers, Social Security numbers, or passwords are needed. Nothing in this PDF submits information to The Adjutant.

Companion to the free 10-page Retirement Readiness Workbook. Use verified tax and benefit information for your own situation. Educational organizer; not an official retirement estimate.

02 / INCOME

What arrives each month?

Use the same currency throughout. Net = gross minus deductions withheld. Put expenses paid after deposit on page 4.

Planning month / year **Currency**

Income source	Gross	Withheld	Net
Military retired pay			
Civilian pension			
Social Security			
VA benefits			
Wages / net business income			
Other recurring income			

A. Total recurring net income

B. Planned monthly withdrawals (net)

C. Available cash = A + B

Unconfirmed amounts / expected start dates / sources

03 / SPENDING

What must your money cover?

Monthly amounts only. Include expenses paid after deposit. Do not repeat amounts withheld on page 3. Add a monthly reserve for annual and occasional bills.

Housing, utilities, property costs	
Food and household supplies	
Transportation	
Healthcare and insurance not withheld	
Debt payments / legal support obligations	
Travel, leisure, giving, other spending	
Annual / irregular bills ÷ 12	
Emergency savings and other reserves	
D. Total spending and reserves	
E. Remaining monthly cash = C − D	

If E is negative, the plan needs a change. If E is positive, decide what it will fund. Do not automatically treat a positive balance as spendable until you have included taxes, irregular costs, and a reserve.

My next adjustment

04 / REALITY CHECK

Test before you commit

Use this page to compare assumptions with actual deposits and spending. Enter totals manually; keep a copy for each scenario.

Baseline monthly margin (E)	
One-time expense to test	
Lower income per month to test	
Higher expenses per month to test	
Revised monthly margin: E − lower income − higher expenses	

How will I fund the one-time expense?

Actual month reviewed / difference from plan / reason

Budgeting reference: CFPB — assess your spending. Review several months of real spending and include less frequent costs. Source reviewed October 31, 2026.

A one-time expense reduces savings or cash available in that month; it does not belong in every future month. Any tax, eligibility, benefit-offset, or investment decision needs its own verification.