Your Pay – Military Financial Snapshot Worksheet

Use this worksheet to build a monthly financial snapshot, inventory your debt, check your emergency fund, define your goals, and review your TSP contributions.

Step 1: Monthly Financial Snapshot

Income Sources

Fixed Expenses (Rent, Loans, Insurance, etc.)

Variable Expenses (Groceries, Utilities, Gas, etc.)

Discretionary Money = Income – Expenses

Step 2: Debt Inventory

Debt	Balance	Interest Rate	Bucket (Low / High / Very High)

Step 3: Emergency Fund

Monthly Base Pay

Current Emergency Savings

Target (3–6 Months of Base Pay)

Step 4: Financial Goals

Goal	Notes
Retirement	
Pay Off Debt	
Buy a Home	
Start a Business	
Education Savings	
Financial Independence	

Step 5: TSP Check-In

Item	Amount
Current TSP % Contribution	
Monthly Contribution	

Current Balance	
Target Contribution Goal	

Financial Snapshot Summary

Category	Amount
Total Monthly Income	
Total Monthly Expenses	
Discretionary Money	
Total Debt	
Emergency Fund Progress	
TSP Contribution Status	