

TeenBasics.com

Teen Budget Planner

A Simple Money Guide for Saving, Spending, Giving, and Reaching Goals

Practical Guides

Parent Support

Build Confidence

Life Skills

Printable digital workbook for personal, family, classroom,
church youth, or mentoring use.

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How to Use This Guide

Use this planner to help teens track money, build savings habits, and make better spending choices before adult financial pressure begins. Complete the worksheets monthly or whenever money comes in. The goal isn't a perfect spreadsheet — it's building the habit of giving every dollar a plan.

What Is Inside

- Money Mindset
- Income Tracker
- Spending Tracker
- Savings Goals
- Give, Save, Spend Plan
- Smart Shopping
- First Bank Account Basics
- Monthly Budget Sheet
- Avoiding Common Money Mistakes
- Reviewing and Adjusting Your Plan

Section 1: Money Mindset

Money does not make decisions for you. You make decisions for your money. This planner helps you give every dollar a job.

- Money is a tool, not a toy.
- Saving is a habit, not just an amount.
- Small purchases add up.
- Needs should come before wants.
- A wise teen plans before spending.

TIP

Try the 24-hour rule: for any non-essential purchase over \$20, wait a day before buying. Most impulse wants fade; the ones that don't were probably worth it.

Worksheet: My Money Goals

Goal	Why It Matters	Target Date

Section 3: Spending Tracker

Writing down what you spend helps you see habits. Do not shame yourself; learn from the pattern and adjust.

Date	What I Bought	Need or Want?	Amount	Worth It?

Section 4: Savings Goals

Saving is easier when the goal is clear. Choose a goal, set a target amount, and track progress.

Goal	Total Needed	Saved So Far	Still Needed	Target Date

IDEAS

Examples: new phone, clothes, shoes, school trip, car savings, college savings, emergency savings, gift for someone else.

Section 5: Give, Save, Spend Plan

A simple plan helps you keep money from disappearing. Choose a split that fits your family values and goals.

Category	Percent	Amount

SUGGESTED PLANS

Suggested plan: Give/help 10%, save 40%, spend 40%, future goal 10%. Alternate plan: save 50%, spend 30%, give/help 10%, long-term goal 10%.

Section 6: Smart Shopping

Smart shopping means slowing down before spending. Compare prices, check quality, and ask whether the purchase helps or hurts your goals.

- | | |
|---|--|
| <input type="checkbox"/> Do I need it? | <input type="checkbox"/> Can I afford it? |
| <input type="checkbox"/> Did I compare prices? | <input type="checkbox"/> Will I still want it next week? |
| <input type="checkbox"/> Am I buying because of pressure? | <input type="checkbox"/> Is there a better use for this money? |
| <input type="checkbox"/> Did I check return rules? | <input type="checkbox"/> Did I avoid unsafe sites? |

Purchase Decision Notes

Section 7: First Bank Account Basics

A bank account can help teens learn security and structure. A debit card is not free money. When you swipe, tap, or click, real money leaves your account.

- Checking is usually for spending and bill/payment activity.
- Savings is usually for money you are protecting for future use.
- Never share your PIN or password.
- Watch your balance before using a debit card.
- Ask a parent/guardian before opening accounts or using financial apps.

Questions to Ask Before Opening an Account

Section 9: Avoiding Common Money Mistakes

Most money problems come from a handful of repeatable mistakes. Recognizing them early is cheaper than learning the hard way.

- Spending money before it's earned
- Buying to keep up with friends
- Lending money without a plan to get it back
- Using savings for non-emergencies
- Ignoring small recurring costs (subscriptions, in-app buys)
- Skipping the saving step 'just this once'
- Not tracking spending at all

WATCH FOR

Subscriptions and in-app purchases are the easiest place for a teen budget to quietly leak money — review them every month.

Section 10: Reviewing and Adjusting Your Plan

A budget isn't set once and forgotten — it changes as income, goals, and expenses change. Build a short monthly check-in into your routine.

Monthly Money Check-In

- | | |
|---|---|
| <input type="checkbox"/> Did I stick to my Give/Save/Spend percentages? | <input type="checkbox"/> Am I closer to my savings goal than last month? |
| <input type="checkbox"/> Did anything surprise me about my spending? | <input type="checkbox"/> Do my percentages still make sense, or need adjusting? |
| <input type="checkbox"/> What's one change I'll make next month? | |

Notes for Next Month
