

Appendix M: Sample Monthly Budget

In addition to keeping track of his monthly expenses (using Appendix L), your young adult will also benefit from maintaining a monthly budget. Sit down with him to brainstorm different categories to include in the budget (or use the ones provided) and determine a monthly amount for each category. At the end of the month, total all of the income and expenses for the various budget categories based on Appendix L. Did he go over the budgeted amount? Why? What can be done differently this coming month?

| Category | Monthly Budget Amount | Monthly Actual Amount | Difference |
|--------------------------------------|-----------------------|-----------------------|------------|
| INCOME | | | |
| Allowance | | | |
| Miscellaneous Income | | | |
| INCOME TOTAL | | | |
| EXPENSES | | | |
| School Supplies | | | |
| Lunch | | | |
| Snacks | | | |
| Entertainment (movies, arcade, etc.) | | | |
| Cell Phone | | | |
| Clothes | | | |
| Transportation Costs | | | |
| Savings | | | |
| Gifts | | | |
| CDs or Music | | | |
| Toiletries | | | |
| Games | | | |
| Hobbies | | | |
| Internet | | | |
| Magazines | | | |
| EXPENSES TOTAL | | | |

Appendix N: Information About Exercise

Exercise can be an important stress management tool for your young adult, as well as a great way to stay healthy and relax! Use these tips and tricks to help motivate your young adult to get into an exercise routine.

Types of Exercise

- ◆ Jogging
- ◆ Swimming
- ◆ Team Sports (basketball, volleyball, hockey, soccer, etc.)
- ◆ Biking
- ◆ Aerobics
- ◆ Yoga
- ◆ Pilates
- ◆ Boxing
- ◆ Karate
- ◆ Tai Chi
- ◆ Walking
- ◆ Skating
- ◆ Weightlifting
- ◆ Jumping rope

Tips and Motivators

- ◆ Join a gym as a family, and make it a family activity
- ◆ Coordinate a block party, and play soccer or kickball
- ◆ Reward your young adult for taking the time to exercise with something that he really gets excited about
- ◆ Buy him new workout clothes
- ◆ Make it a game or competition; for example, whoever can make the most baskets wins a prize!
- ◆ Get your young adult a favorite book that he can read while on a stationary bike
- ◆ Use fun workout tapes/DVDs
- ◆ Take a yoga class together
- ◆ Teach your young adult about the benefits of exercise (physical, well-being, stress reliever)
- ◆ Provide a yummy, healthy snack after the activity (granola bar, apples with peanut butter, etc.)