

NFL Sample Budget

	Annually	Paycheck Months
Gross Income		
Deductions	Federal, State, and Local Taxes; Union Dues; 401K Retirement	
Net Income		

Monthly Expenses – Example	
Rent/Mortgage includes insurance	
Car including insurance	
Cell Phone	
Utilities	
Gasoline	
Groceries	
Cable, Internet	
Entertainment	
Money for family	
Holiday & Other	
NFL Related expenses	
Monthly Total	
Annual Total	

Annual NFL Related Expenses – Example Only	
Agent Fees	
CPA Fees	
Other: <ul style="list-style-type: none"> • Massages • Supplements • Gym Memberships and/or Fitness Equipment • Rehab/Recovery Products • Tickets • Fines 	
Annual Total	
Monthly Total	

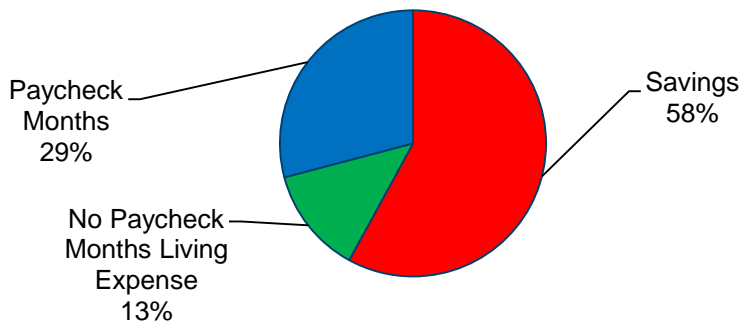
*Take home pay will vary based on many factors including state of residence, number of dependents, pre-tax withholding, and other variables. Consult a tax professional for any questions.

All numbers on these worksheets are rounded to the nearest dollar and column totals may include rounding error

NFL Sample Savings Allocation

Category	Percentage	Paycheck Months 36 paychecks	No Paycheck Months 18 paychecks	Annually
Paycheck Months	29%			
No Paycheck Months Living Expenses – Set Aside	13%			
Savings Goal	58%			
Total Take Home	100%			

Net Income Allocation Example



Net Income Allocation	Percent	Amount
During Season Spending		
Monthly Expenses (8 months)	29%	
Off-Season Spending		
No Paycheck Monthly Expenses – Set Aside (4 months)	13%	
Emergency Funds	9%	
Short term goals	3%	
Retirement/Investments	20%	
Post-NFL	68%	
Total	100%	