My first spending plan: a teenager money worksheet

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Use real money only where an adult and teenager have agreed the arrangement. You can practise with imaginary amounts instead. No allowance is required to use this sheet.

What is this plan for?

Dates covered: _____

Optional spending or activity it covers: _____

Essentials an adult will continue to provide separately: _____

When we will review: _____

Money available

Starting amount: £_____

Other money definitely available during this period: £_____

Total available: £_____

Do not count money you only hope to receive.

My choices

Planned optional spending: item _____ amount £_____

Another planned choice: item _____ amount £_____

Amount I choose to set aside: £_____

Money left after those choices: £_____

Practice example: £12 available minus £5 for an outing minus £3 set aside leaves £4. This is an example, not a suggested allowance.

Continue: My first spending plan: a teenager money worksheet

Before buying

What is the full cost? _____

Will it leave enough for my other plans? _____

Do I want to compare, wait or choose something else? _____

If the plan goes wrong

What we agreed if optional money runs out: _____

Trusted adult to ask if I feel pressured or something seems suspicious: _____

Review without blame

What I actually spent: £_____

Something that surprised me: _____

One change for next time: _____

Keep financial details private. Never write passwords, card numbers or security codes here. This sheet teaches a basic planning habit and does not recommend accounts, investments or borrowing.

Browse all free resources.

For ideas to use alongside this resource, read Pocket money and first budgets: helping your teenager make choices.

More help for your family

Agree what a small budget covers, practise tracking spending and review choices without shame.