First Paycheck Checklist

Your first job paycheck can feel confusing. Use this page the day it lands — print it or fill it on a tablet.

From the Jamie Savvy handbook: knowing what you take home (net) matters more than the number on the offer letter (gross). Walk through each box before you spend a dollar.

Before you celebrate — read the stub

- ☐ **Find gross pay.** That's the total before anything is taken out (hourly × hours, or salary).
- ☐ **Find net ("take-home") pay.** That's what actually hits your account or card.
- ☐ **Circle taxes & withholding.** Federal income tax, Social Security, Medicare, and any state tax. These are normal — not a scam.
- ☐ **Note any other deductions.** Uniforms, meals, tools, insurance. Ask a parent or manager if a line looks weird.
- ☐ **Confirm your deposit method.** Direct deposit account matches yours? Paper check? Pay card? Write it: _____

Day-1 money moves (do these first)

- ☐ **Transfer a "safe stash".** Move at least a little into savings the same day (even $10 counts).
- ☐ **Pay yourself a fun number.** Decide one small treat you'll enjoy without guilt — then stop.
- ☐ **List upcoming "musts".** Gas, phone bill share, sports fees, lunch money — write them on page 2.
- ☐ **Tell a trusted adult.** Share your net amount with a parent/guardian so you're not guessing alone.

Remember the 50 / 20 / 30 split

50%	20%	30%
Needs (stuff you must cover)	Savings & goals (future you)	Wants (fun, but planned)

It's a starting point, not a law. If needs are higher this month, shrink wants first — protect the savings slice when you can.

Payment-app & scam safety: Never send money to someone you only know online. Don't share one-time codes. If a "boss," "friend," or "Amazon" texts ask you to buy gift cards or move funds, stop and ask a parent. Real employers don't pay you by asking you to send money first.

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Jamie Savvy
TEEN PERSONAL FINANCE

Printable · 1 month

Teen Budget Tracker

One month on one page. Fill by hand or annotate on an iPad. Round to whole dollars — neatness optional, honesty required.

Name: _____ Month / year: _____ Goal this month: _____

INCOME (MONEY IN)	PLANNED $	ACTUAL $
Job / paycheck (net)		
Allowance / chores		
Gifts / odd jobs / other		
Total income		

NEEDS (~50%)	PLANNED $	ACTUAL $
Phone / data share		
Transport / gas / bus		
School / sports fees / supplies		
Lunch / food you cover		
Other need: _____		
Total needs		

SAVINGS & GOALS (~20%)	PLANNED $	ACTUAL $
Emergency / “oops” fund		
Big goal (car, trip, laptop…)		
Other save: _____		
Total savings		

WANTS (~30%)	PLANNED $	ACTUAL $
Fun / friends / hobbies		
Subscriptions / games / apps		
Clothes / extras		
Other want: _____		
Total wants		

Month check: Income − Needs − Savings − Wants = leftover (or short)	
Leftover / short this month	

This week’s money win

_____

_____

Example: “I moved $15 to savings before buying anything” or “I canceled a subscription I forgot about.”

Stuck?
Start with actuals from last week’s spending — then plan next month.

Parents:
Ask one curious question, not a lecture. “What felt worth it?”

More practice:
Free chapter + tips at jamiesavvy.com

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