



BALLER BUDGETING

Baller \$1,000 Emergency Fund Kit

A step-by-step plan for your first cushion

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Educational worksheet only. Not financial, legal, or tax advice. Results vary by household.

Your \$1,000 Starter Plan

HOW TO USE THIS PAGE

Break the goal into weekly amounts that fit your budget. Adjust the numbers to your real situation.

Target amount	
Weeks to goal	
Weekly amount needed	
Where the money will be kept	
Money I can redirect	
Items I could sell	
Extra income ideas	

Expense Cut List

HOW TO USE THIS PAGE

List flexible expenses you could pause or reduce while building your fund.

Expense	Current / mo	New / mo	Freed up

Emergency Fund Tracker

HOW TO USE THIS PAGE

Pick a starter target that fits your household, such as \$500 or \$1,000. Color a step each time you add to it. Only use it for real emergencies.

Emergency fund target _____

Target date _____

Amount per step (goal ÷ 20) _____

Step 1 \$ _____	Step 2 \$ _____	Step 3 \$ _____	Step 4 \$ _____	Step 5 \$ _____
Step 6 \$ _____	Step 7 \$ _____	Step 8 \$ _____	Step 9 \$ _____	Step 10 \$ _____
Step 11 \$ _____	Step 12 \$ _____	Step 13 \$ _____	Step 14 \$ _____	Step 15 \$ _____
Step 16 \$ _____	Step 17 \$ _____	Step 18 \$ _____	Step 19 \$ _____	Step 20 \$ _____

Milestones and notes

What Counts as an Emergency?

HOW TO USE THIS PAGE

Decide your rules now, while calm. Write what does and doesn't qualify for your household.

It IS an emergency if

It is NOT an emergency if

Who must agree before using it

How I'll refill it

30-Day No-Spend Calendar

HOW TO USE THIS PAGE

Pick which categories are off-limits (for example, takeout or online shopping). Mark each day you stick to it.

Challenge start date _____

My reason for this challenge _____

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Choose an amount you can afford each week. Record deposits and check them off. Any amount counts.

[illegible]

Monthly Financial Check-In

HOW TO USE THIS PAGE

Set aside 20 minutes at the end of each month. Answer honestly; this is a review, not a report card.

Month	
Total income	
Total spent	
Amount saved	
Debt paid down	
One win this month	
One thing to change	
Next month's focus	