

What Are Flex Dollars?

The purpose of Flex Dollars is to separate out variable and discretionary spending from fixed/stable expenses you have every month. We want to track flexible spending as ONE total pool of funds. Track *proactively* - if you've used all your Flex Dollars, you STOP for the month.

When in doubt, ask yourself:

- Is this a recurring fixed expense? Yes = Not Flex Dollars!
- Even if the amount isn't exactly the same each time, does this transaction happen on a regular schedule like the electric bill or a tank of gas? Yes = NOT Flex Dollars!
- Did I *actively* choose to spend this money e.g. eating out, buying movie tickets or buying yarn for your knitting hobby? Yes = Flex Dollars!

Flex Dollars Include:

- **Eating Out/Take Out/Convenience Food Purchases** - this includes coffee, fast food, DoorDash, liquor store purchases, etc!
- **Children's activities and stuff** - Random activity fees, trips to the craft store for school projects, toys, games, and extracurricular equipment
- **Amazon and other online shopping**
- **House items** - Household goods (paper towels, laundry detergent, etc) not purchased at the grocery store, home decor, home improvement/DIY, general shopping. This usually includes Target, Home Depot, Lowe's, TJ Maxx, etc
- **Clothing** - for adults and kids!
- **Entertainment items and activities** - Going to the movies, concert tickets, books, digital purchases
- **Ubers, Lyfts & Taxis** that are not work related.
- **Weekends Away & special occasions** - small day trips that aren't part of your Annual Vacations/Travel budget, and spending for birthday parties, anniversary dinners, etc.
- **Charitable Donations** including tithing to a house of worship
- **Gifts** - for weddings, baby showers, birthdays, etc. This does NOT include holiday gift spending (like Christmas!)
- **Occasional Babysitting** - one-off expenses that aren't part of recurring childcare and that vary from month to month
- **Fees and Fines** - parking/speeding tickets and bank fees
- **Paypal, Venmo, Square**, and other platforms that you use for random things (unless it's a recurring, planned expense!)