

LIFESTYLE REALITY CHECK

Name: Class/Block: Date:

STEP 1:

Choose where you'll live when you leave high school. Then enter the amount appropriate for your area, using the figures given as a guide.

Estimated average costs for Saskatchewan youth after high school

	Your Budget	Estimated average costs for Saskatchewan youth after high school	
		Large City/ Urban Centre	Rest of SK
Costs per month			
Housing			
At home with parents	_____	152	124
One-bedroom apartment	_____	831	444
Share two-bedroom apartment with roommate	_____	449	278
Transportation			
New car – Toyota Matrix	_____	782	752
Used car – 2002 Chevrolet Cavalier	_____	504	489
Public transit – monthly pass	_____	77	—
Food			
Eat at apartment only	_____	187	194
Eat at apartment and eat out occasionally	_____	278	254
Utilities			
Electricity	_____	44	44
Heating – electric	_____	54	54
Heating – gas / oil	_____	49	49
Telephone			
Local (basic service)	_____	33	33
Long distance (talk a little)	_____	5	5
Long distance (talk a lot)	_____	22	22
Cellphone (local)	_____	33	33
Computer			
Hardware	_____	98	98
Software	_____	27	27
Internet connection	_____	38	38
Clothing			
Shop a little	_____	49	46
Shop a lot	_____	191	191
Health care			
Medications and dental	_____	30	39
Glasses/lenses	_____	11	13
Insurance			
Medical premiums (if not under parents' plan)	_____	—	—
Apartment contents insurance	_____	22	16

© British Columbia Securities Commission 2004-2008



LIFESTYLE REALITY CHECK (cont'd)

	Large City/ Urban Centre	Rest of SK
Entertainment		
Cable (basic)	38	38
Movies (and popcorn, etc.)	51	48
Rentals: video / DVD / games	33	33
Purchases: music	35	35
Purchases: video / DVD / games	21	21
Concerts and professional sports	49	49
Night clubs / pubs	71	71
Recreation		
Sports fees / equipment	27	27
Lessons	16	16
Health club membership	49	41
Personal		
Haircut: man	22	16
Haircut: woman	34	30
Manicures, etc.	22	22
Makeup	27	24
Personal care (shampoo, soap, etc.)	16	16
Dry cleaners	22	16
Laundry at laundromat	22	22
Education (tuition, fees, books, etc./ 12 mos.)		
University	481	481
College / University College	417	417
Technical	417	417
Other		
Banking fees	16	16
Newspapers	24	16
Books / magazines	19	19
Religious / charity	5	5
Gifts	27	27
Pets	33	33
Bottled water service	34	30
New furniture (averaged over year)	231	290
Used furniture (averaged over year)	87	109
Travel: low-cost vacation by car (save per month)	44	44
Travel: vacation including plane fare (save per month)	229	229
Enter any missing expenses directly here:		
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Expenses:	_____	_____
Enter total expenses in Box B of Step 3.		

© British Columbia Securities Commission 2004-2008



LIFESTYLE REALITY CHECK – ANSWER SHEET

Name: Class/Block: Date:

1. Describe the future lifestyle you'd like to have. (E.g., Where would you like to live? What kind of work you would like to do? What recreation and entertainment would you choose?)
Continue on the back if you need to.

2. List three things you learned by doing the Lifestyle Reality Check.

1.

2.

3.

3. Write a summary of your discussion with your parents or another adult about your Lifestyle Reality Check. How can they help you achieve your goals?

© British Columbia Securities Commission 2004-2008



QUICK QUIZ – LIFESTYLE REALITY CHECK

Name: Class/Block: Date:

1. Define the words:

a. lifestyle _____

b. goals _____

2. Name two of the possible career choices that will provide enough income for the lifestyle you want.

3. Describe one way that lifestyle affects career choice.

4. Describe two aspects of a future lifestyle you'd like to have.

5. Why is a lifestyle reality check a useful part of financial life skills?
