



Work sheet 12-14 | Learning from Olympians

## Budgeting

Has the Olympics or another sports competition like Wimbledon or the World Cup inspired you to take up a sport?

As you head off to the sports shop or to book those lessons, remember to consider the cost. Why not prepare a budget sheet and research the costs by checking on-line, in catalogues, in local press or ask around.

### Budget Sheet

**Income/Capital Amount**

e.g. savings, pocket money, gift from aunt, etc

**Expenditure - one offs**

e.g. clothing/kit, equipment, footwear, etc.

**Expenditure - on-going**

e.g. lessons, travel costs, grading/exams, membership fees, etc

	<b>Total</b>	<b>Total</b>

Total cost for 1 month

Total cost for 3 months

Do you need to increase your income or reduce your expenditure? What choices do you have?

**Remember:** Not all sports cost money. You only need fresh air to get into walking or running.