RETIREMENT FASTLANE

FREE PRINTABLE WORKSHEETS

The Retirement Paycheck Playbook

Turn Your Savings into Reliable Income That Lasts as Long as You Do

Daniel Larsen, CFA

1. Worksheet A: Income and Asset Inventory
2. Worksheet B: Retirement Spending Plan
3. Worksheet C: Social Security Decision
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These worksheets come from *The Retirement Paycheck Playbook* by Daniel Larsen, CFA, part of the Retirement Fastlane series. Print as many copies as you like for your own personal, non-commercial use. Fill them out in pencil and update them as your plans change.

For educational purposes only; not individualized investment, tax, legal, or insurance advice. Examples and figures follow the book (2027 figures as of November 18, 2026). See the Important Disclaimer in the book before relying on anything here.

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Worksheet A: Income and Asset Inventory

Part 1: Guaranteed and other income sources

Income source	Whose?	Start age/date	Monthly amount	Annual amount	Inflation-adjusted? (Y/N)	Continues to survivor? (Y/N/%)	How taxed?
Social Security							
Social Security (spouse)							
Pension #1							
Pension #2							
Annuity							
Part-time work							
Rental income							
Deferred compensation							
Other							
Total							

Part 2: Savings and investment accounts

Account	Owner	Institution	Type (tax-deferred / Roth / taxable / HSA)	Current balance	Beneficiary up to date? (Y/N)

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Total					

Part 3: Other assets and backstops

Asset	Estimated value	Notes (mortgage balance, plans to sell, etc.)
Primary home		
Other real estate		
Cash-value life insurance		
Other		

Worksheet B: Retirement Spending Plan

Use twelve months of actual statements. Enter amounts in today's dollars.

Category	Essential (floor) monthly	Discretionary (upside) monthly	Annual total
Housing: mortgage/rent, property tax, insurance, HOA, maintenance			
Utilities, phone, internet, streaming			
Groceries and household supplies			
Transportation: payments, insurance, fuel, upkeep			
Health insurance premiums (pre-65 coverage or Medicare Parts B and D, Medigap/Advantage)			
Out-of-pocket medical, dental, vision, hearing			
Other insurance (life, umbrella, long-term care)			
Debt payments			
Personal care and clothing			
Travel			
Dining out and entertainment			
Hobbies, clubs, memberships			
Gifts and family support			
Charitable giving			
Pets			

Category	Essential (floor) monthly	Discretionary (upside) monthly	Annual total
Other			
Subtotal			

Lumpy expenses (next 10–15 years)

Expense	Estimated cost	Every ___ years	Annualized cost
Car replacement			
Roof / HVAC / major home repair			
Big trips or celebrations			
Family help (tuition, down payment, weddings)			
Other			
Lumpy subtotal			

Summary

- Essential spending (annual): $_____
- Discretionary spending (annual): $_____
- Lumpy expenses (annualized): $_____
- Estimated income taxes: $_____
- Cushion (5%–10%): $_____
- **Total annual spending need: $_____**

Worksheet C: Social Security Decision

Get your figures from your Social Security statement at ssa.gov/myaccount.

	You	Spouse
Date of birth		
Full retirement age (FRA)		
Primary insurance amount (PIA) at FRA		
Estimated benefit at 62		
Estimated benefit at FRA		
Estimated benefit at 70		
Potential spousal benefit (up to 50% of other spouse's PIA)		
Health and family longevity notes		
Planned claiming age		

Key questions

1. Who is the higher earner? _____
2. Survivor's monthly benefit if the higher earner claims at 62: $_____; at FRA: $_____; at 70: $_____
3. Years of bridge funding needed to reach the planned claiming age: _____ years × $_____ per year = $_____
4. Does your plan still work if benefits are reduced 20% starting in the mid-2030s? (Y/N) _____
5. Medicare enrollment window (starts three months before the month you turn 65): You: _____ Spouse: _____

Worksheet D: Paycheck Gap and Withdrawal Rate Map

Fill in one row per year, at least through the year all guaranteed income has started. Use today's dollars. Fill Table D-1 first, then copy each year's paycheck gap into Table D-2 to find the withdrawal rate.

Table D-1. Income and paycheck gap

Year	Your age	Spouse age	Spending need	Guaranteed income	Other income (work, rental)	Paycheck gap (portfolio withdrawal)

Table D-2. Withdrawal rate

Year	Paycheck gap (from Table D-1)	Estimated portfolio balance	Withdrawal rate (gap ÷ balance)

Year	Paycheck gap (from Table D-1)	Estimated portfolio balance	Withdrawal rate (gap ÷ balance)

- Total bridge-year withdrawals (before all guaranteed income starts): $_____
- Long-run withdrawal rate (after all guaranteed income starts): _____%
- Planning age (last year the plan must cover): _____

Worksheet E: Bucket Sizing

Step	Calculation	Amount
1. Annual portfolio withdrawal (from Worksheet D)		$
2. Bucket 1 (Now): 1–2 years of withdrawals + known lumpy costs	Step 1 × ___ years + $___	$
3. Bucket 2 (Soon): 5–8 more years of withdrawals (or the remaining bridge years, if larger)	Step 1 × ___ years	$
4. Total portfolio		$
5. Bucket 3 (Later): everything else	Step 4 – Step 2 – Step 3	$
6. "Safe money" percentage	(Step 2 + Step 3) ÷ Step 4	%
7. Stock percentage	Step 5 ÷ Step 4	%

Where each bucket lives

Bucket	Accounts	Holdings
Bucket 1		
Bucket 2		
Bucket 3		

My refill rules

- Annual review date: _____
- After a positive year for stocks, refill Bucket 1 from: _____
- After a negative year for stocks, refill Bucket 1 from: _____
- Top up Bucket 2 when: _____

Worksheet F: Guardrails and Bad-Market Playbook

My guardrails

- Initial withdrawal (annual): $_____
- Initial withdrawal rate: _____%
- Upper guardrail (initial rate × 1.2): _____% → If exceeded, cut withdrawals by _____%
- Lower guardrail (initial rate × 0.8): _____% → If below, raise withdrawals by _____%
- Inflation rule: No inflation raise after a year in which the portfolio lost money. (Y/N) _____
- Spending floor (minimum withdrawal to cover essentials): $_____

My cut list (in order)

1. _____ saves $_____ per year
2. _____ saves $_____ per year
3. _____ saves $_____ per year
4. _____ saves $_____ per year

My raise list (if the lower guardrail triggers)

1. _____
2. _____

My no-panic pledge

"When markets fall, I will not sell my long-term investments out of fear. I will draw from my reserves, follow my guardrails, and talk to _____ before making any changes."

Signed: _____ Date: _____

Worksheet G: Essential Floor and Guaranteed Income

Line	Amount
A. Annual essential spending (from Worksheet B)	$
B. Social Security (both spouses, at planned claiming ages)	$
C. Pensions	$
D. Existing annuities	$
E. Total guaranteed income (B + C + D)	$
F. **Essential gap (A – E)**. If negative, your floor is covered.	$
G. Percentage of essentials covered by guaranteed income (E ÷ A)	%
H. Percentage of guaranteed income that is inflation-adjusted	%

If Line F is positive, options to consider:

- ☐ Change Social Security claiming strategy
- ☐ Choose a different pension option
- ☐ Build a TIPS or bond ladder for essentials
- ☐ Get quotes for an immediate or deferred income annuity
  - Quote 1: Insurer _____ Rating _____ Monthly payment per $100,000: $_____
  - Quote 2: Insurer _____ Rating _____ Monthly payment per $100,000: $_____
  - Quote 3: Insurer _____ Rating _____ Monthly payment per $100,000: $_____
- ☐ Reduce essential spending

Worksheet H: Annual Retirement Paycheck Checkup

Review date: _____

#	Task	Done?	Notes
1	Review last year's actual spending vs. plan		
2	Update all account balances; total portfolio = $_____		
3	Calculate this year's withdrawal rate; check guardrails		
4	Apply inflation rule (raise or hold)		
5	Refill Bucket 1; rebalance buckets		
6	Confirm Social Security (new COLA), pension, and annuity amounts		
7	Tax plan: income estimate, bracket room, IRMAA, RMDs, Roth conversions, QCDs		
8	Upcoming decisions in the next two years (claiming, Medicare, pension, RMDs)		
9	Life changes: health, family, housing, state of residence		
10	Update legal documents, beneficiaries, trusted contacts, and "How Our Paycheck Works" summary		

This year's monthly paycheck amount: $_____

Transfer date and accounts: _____