

# Youth Sports Budget Worksheet

The real annual cost of one child's sport — fill in what applies to you.

Most parents underestimate youth sports because they only count the registration fee. Use this worksheet to total everything for one child, one sport, one year. Fill in each line, then add them up at the bottom.

**Child:** \_\_\_\_\_ **Sport:** \_\_\_\_\_ **Year:** \_\_\_\_\_

**DIRECT COSTS**

Registration / league fees

*Per season — multiply if multiple seasons*

Uniforms & required apparel

*Jersey, shorts, socks, warmups*

Equipment & gear

*Cleats, pads, stick, racket, glove, etc.*

Club / travel team dues

*If applicable — often the biggest line*

**TRAVEL & GAME-DAY COSTS**

Tournament & entry fees

*Per-tournament costs across the season*

Travel — gas, flights, mileage

*To practices, games, and tournaments*

Hotels & lodging

*Overnight tournaments and away games*

Food & concessions on game days

*Meals out, snacks, concession stands*

**DEVELOPMENT & EXTRAS**

Private coaching / lessons / camps

*Skills clinics, off-season training*

Team photos, banquets, fundraisers

*The small stuff that adds up*

**TOTAL ANNUAL COST (one child, one sport)**

# Your Family's Full Picture

Add up every child and every sport — then ask the questions that matter.

## PER-CHILD TOTALS

Carry the total from page 1 for each child + sport. Use one row per sport.

CHILD + SPORT	ANNUAL COST
	\$
	\$
	\$
	\$
	\$

**GRAND TOTAL — ALL CHILDREN, ALL SPORTS** \$

## THE QUESTIONS WORTH ASKING

- Divide the grand total by 12. Is that monthly number what you expected?
- Which single line surprised you most? Travel and tournaments usually top the list.
- For each activity: is your child still genuinely enjoying it? Cost is only half the picture.
- If you had to cut one thing, what would it be — and what would you protect at any cost?

**Want this calculated automatically?**  
 Use the free ACTIQO Youth Sports Cost Calculator — no signup required.  
[getactiqo.com/tools/youth-sports-cost-calculator](https://getactiqo.com/tools/youth-sports-cost-calculator)