

Retirement spending planner for singles

How much does a comfortable lifestyle cost?

This retirement spending planner can help you determine how much you 'need' (your essential spending) and how much you 'want' (your discretionary spending) in order to maintain your desired lifestyle in retirement.

Guideline for those aged around 67:

Expenses	ASFA Comfortable ¹ (per week)	Your expenses (per week)
Essential spending		Essential (needs)
Housing – e.g. insurance, rates, repairs	\$134.42	
Electricity and gas	\$51.71	
Food – groceries and other fresh food	\$111.98	
Everyday clothing and footwear	\$21.57	
Household cleaning and other supplies	\$23.59	
Personal care items and hairdressing/barber	\$23.59	
Health services	\$117.74	
Car and transport costs	\$181.61	
Home phone, mobile, broadband internet	\$22.64	
Mortgage/rent	\$0.00	
Other – e.g. pets, family commitments	\$0.00	
Discretionary spending		Discretionary (wants)
Additional household goods and services	\$47.18	
Discretionary foods and groceries	\$32.80	
Dining out, alcohol, entertainment activities	\$99.06	
Clothing – non-essential items	\$7.24	
Vacations – domestic and overseas	\$80.39	
Memberships, sundry items, TV/DVD, streaming	\$42.47	
Gifts	\$0.00	
Other	\$0.00	
Total per week	\$997.80	
Annual ASFA Comfortable¹		Annual spending planner
Essential (needs)	\$35,948	
Discretionary (wants)	\$16,138	
Total	\$52,086	

¹ According to the ASFA Retirement Standard June 2024 quarter, this is the annual spending budget needed by Australians aged 65-84 to fund a comfortable standard of living in post-work years for a single person who owns their home. Refer to the ASFA website superannuation.asn.au. The Retirement Spending Planner has been prepared by Challenger Life Company Limited ABN 44 072 486 938, AFSL 234670 (Challenger). It is intended as a simple tool to help you and your adviser determine your needs and wants in retirement and compare your position with the ASFA Retirement Standard for a comfortable lifestyle in post-work years. This standard is reproduced above with permission of The Association of Superannuation Funds of Australia Ltd.

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