



Moving Budget Workbook

Your move, on paper

General educational information.

Interstate moves: check movers on [ProtectYourMove.gov](https://www.ProtectYourMove.gov).

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Moving budget

The move, and the new place.

Item	Estimate	Actual
Truck or movers		
Fuel and mileage		
Boxes and supplies		
Helpers		
Travel: motel, food		
Cleaning the old place		
Security deposit		
First month's rent		
Utility deposits and setup		
Total		
Cash I'll need before moving day		

Mover quote comparison

Three written estimates, line by line.

	Mover 1	Mover 2	Mover 3
Company name			
USDOT number checked			
Saw my things (in person or video)?			
Binding or non-binding			
Price			
Deposit required			
Valuation coverage			
Pickup and delivery window			
Reviews and complaints checked			
Red flags: no in-person or video estimate, a large cash deposit, no USDOT number, a blank contract.			

8-week timeline

Tick it off as you go.

8 to 6 weeks	Done
☐ Set the budget	
☐ Start decluttering and selling	
☐ Get three mover or truck quotes	
☐ Book movers or a truck	

4 to 2 weeks	Done
☐ Collect boxes and start packing	
☐ File a USPS change of address	
☐ Set up utilities at the new place	
☐ Confirm all bookings in writing	

Moving week	Done
☐ Pack a first-night box	
☐ Clean and photograph the old place	
☐ Carry valuables, documents and medicines yourself	
☐ Check the delivery receipt before signing	

Address change list

Everyone who needs to know.

Who	Done	Date
USPS change of address	☐	
Bank and credit cards	☐	
Employer and payroll	☐	
Driver's license	☐	
Car registration and insurance	☐	
Voter registration	☐	
Health insurance and doctors	☐	
IRS and state tax agency	☐	
Subscriptions and online shopping	☐	
Friends and family	☐	
	☐	
	☐	

First-month budget

New place, new costs.

Item	Planned	Actual
Rent		
Utilities		
Internet and phone		
Groceries and restocking		
Household items		
Commute		
Eating out, first week		
Total		

Published by Rip & Ride LLC, 30 N Gould St Ste R, Sheridan, WY 82801. More at centsationaliving.com.