

MIDLIFE MONEY WITH JACK

Retirement Number Calculator

Discover Your 3 Retirement Numbers in Under 5 Minutes

STEP 1 Retirement Income Target

Current Household Income

Multiply by 80%

Retirement Income Target

Example: $\$80,000 \times 0.80 = \$64,000$

STEP 2 Guaranteed Income Sources

Expected Social Security (per year)

Pension Income (per year)

Other Guaranteed Income (per year)

Total Guaranteed Income

STEP 3 Portfolio Income Need

Retirement Income Target

Minus: Guaranteed Income

Portfolio Income Need (per year)

Example: $\$64,000 - \$22,000 = \$42,000$

STEP 4 Retirement Savings Target (The 4% Rule)

Multiply your Portfolio Income Need by 25 — the inverse of a 4% withdrawal rate.

Portfolio Income Need _____ × 25

Your Retirement Savings Target _____

Example: \$42,000 × 25 = \$1,050,000

STEP 5 Where Are You Today?

401(k) _____

IRA _____

Brokerage _____

Other Investments _____

Current Total _____

STEP 6 Progress Score

Current Savings _____

Retirement Target _____

Current Savings ÷ Retirement Target = _____ %

You're Currently:

- Under 25% Complete
- 25–50% Complete
- 50–75% Complete
- 75–100% Complete
- Financially Independent ★

STEP 7 Savings Rate Target

How Old Are You?

- 40–45 → Save 15% of Gross Income
- 46–50 → Save 20% of Gross Income
- 51–55 → Save 25%+ of Gross Income
- 56–60 → Save 25%+ of Gross Income

■ Quick Reality Check — Retirement Benchmarks

Age	Benchmark
Age 40	3× Annual Salary Saved
Age 50	6× Annual Salary Saved
Age 60	8–10× Annual Salary Saved

These are benchmarks, not verdicts. If you're below them, the solution isn't panic — the solution is a plan.

✓ Your Retirement GPS — 3 Numbers That Matter

1	Retirement Income Target	_____
2	Retirement Savings Target	_____
3	Savings Rate Target	_____ %

You now know:

- ✓ What retirement will cost
- ✓ How much you need invested
- ✓ What you should save going forward

Most people never calculate these numbers.

BONUS STEP The 50+ Catch-Up Sprint

For late starters running the Fifteen-Year Sprint (see "The 100% Stock Portfolio Rescue")

Your Age

Years Until Retirement

Your Annual Catch-Up Limit (age 50+)

Example: 2025 limit: \$31,000 | 2026 limit: \$32,500 (401(k) standard + catch-up combined)

Annual Contribution	Projected Value After 15 Years*
\$10,000 / year	~\$251,000
\$20,000 / year	~\$503,000
\$31,000 / year (2025 max)	~\$779,000
\$32,500 / year (2026 max)	~\$817,000

*Hypothetical 7% average annual return. Not a guarantee — markets don't move in straight lines.

This limit resets every year. Whatever you don't contribute this year doesn't carry forward to next year — it's simply gone. Over a 15-year sprint, that's 15 separate windows, not one.

Routing Reminder — In This Order

1. 401(k) — up to employer match, ideally the full limit
2. HSA — the only account with a true triple tax advantage
3. Taxable brokerage — low-turnover index funds for what's left

You just did.

— Jack | *Midlife Money*