

Required Minimum Distributions Worksheet For Your Retirement Accounts

This worksheet is designed to help you calculate your required minimum distributions (RMDs) for your Traditional IRA, Rollover IRA, SEP-IRA, or SIMPLE IRA, as well as RMDs from your employee-sponsored retirement plan(s), including 401(k), 403(b), pension, profit sharing, and 457 government plans.

Keep in mind that you will need to calculate separate RMDs for each IRA and employee-sponsored retirement plan account that you own. Note that RMDs are not required for Roth IRAs.

WE ENCOURAGE YOU TO WORK WITH YOUR FINANCIAL ADVISOR AND SEEK THE ADVICE OF YOUR TAX PROFESSIONAL TO COMPLETE THIS WORKSHEET FOR EACH OF YOUR ACCOUNTS.

STEP 1

DETERMINE THE VALUE OF YOUR RETIREMENT ACCOUNT.

Enter the balance of your account as of December 31 of last year. _____

Speak to your financial and/or tax advisor to be sure you are entering the correct amount, as you may need to account for recent rollovers and/or recharacterizations.

STEP 2

DETERMINE THE APPLICABLE LIFE EXPECTANCY FACTOR.

a] Enter your age as of December 31 of the current year. _____

b] If your spouse is the sole primary beneficiary of your account and is more than 10 years younger than you, enter your spouse's age as of December 31 of the current year. _____

c] Refer to the life expectancy tables on the second page of this worksheet to determine the applicable life expectancy factor and enter it here. _____

If your spouse is the sole primary beneficiary of your account and is 10 years younger than you, use the Joint Life and Last Survivor Expectancy table. Otherwise use the Uniform Lifetime table.

STEP 3

CALCULATE YOUR RMD FOR THIS ACCOUNT.

Divide the balance of your account (figure you entered in Step 1 above) by your applicable life expectancy (figure entered in Step 2c above). _____

This is the amount you are required to withdraw from this account by December 31 of this year. (If you are turning 70½ this year, you don't need to take this RMD until April 1 of next year.)

REQUIRED MINIMUM DISTRIBUTIONS WORKSHEET FOR YOUR RETIREMENT ACCOUNTS

IRS LIFE EXPECTANCY TABLES

Figure 1

Uniform Lifetime

Age	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
Factor	27.4	26.5	25.6	24.7	23.8	22.9	22.0	21.2	20.3	19.5	18.7	17.9	17.1	16.3	15.5	14.8	14.1	13.4	12.7	12.0	11.4

Figure 2

Joint Life and Last Survivor Expectancy

Ages	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85
50	35.1	35.0	34.9	34.8	34.8	34.7	34.6	34.6	34.5	34.5	34.5	34.4	34.4	34.4	34.3	34.3
51	34.3	34.2	34.1	34.0	33.9	33.8	33.8	33.7	33.6	33.6	33.6	33.5	33.5	33.5	33.4	33.4
52	33.4	33.3	33.2	33.1	33.0	33.0	32.9	32.8	32.8	32.7	32.7	32.6	32.6	32.6	32.5	32.5
53	32.6	32.5	32.4	32.3	32.2	32.1	32.0	32.0	31.9	31.8	31.8	31.8	31.7	31.7	31.7	31.6
54	31.8	31.7	31.6	31.5	31.4	31.3	31.2	31.1	31.0	31.0	30.9	30.9	30.8	30.8	30.8	30.7
55	31.1	30.9	30.8	30.6	30.5	30.4	30.3	30.3	30.2	30.1	30.1	30.0	30.0	29.9	29.9	29.9
56	30.3	30.1	30.0	29.8	29.7	29.6	29.5	29.4	29.3	29.3	29.2	29.2	29.1	29.1	29.0	29.0
57	29.5	29.4	29.2	29.1	28.9	28.8	28.7	28.6	28.5	28.4	28.4	28.3	28.3	28.2	28.2	28.1
58	28.8	28.6	28.4	28.3	28.1	28.0	27.9	27.8	27.7	27.6	27.5	27.5	27.4	27.4	27.3	27.3
59	28.1	27.9	27.7	27.5	27.4	27.2	27.1	27.0	26.9	26.8	26.7	26.6	26.6	26.5	26.5	26.4
60		27.2	27.0	26.8	26.6	26.5	26.3	26.2	26.1	26.0	25.9	25.8	25.8	25.7	25.6	25.6
61			26.3	26.1	25.9	25.7	25.6	25.4	25.3	25.2	25.1	25.0	24.9	24.9	24.8	24.8
62				25.4	25.2	25.0	24.8	24.7	24.6	24.4	24.3	24.2	24.1	24.1	24.0	23.9
63					24.5	24.3	24.1	23.9	23.8	23.7	23.6	23.4	23.4	23.3	23.2	23.1
64						23.6	23.4	23.2	23.1	22.9	22.8	22.7	22.6	22.5	22.4	22.3
65							22.7	22.5	22.4	22.2	22.1	21.9	21.8	21.7	21.6	21.6
66								21.8	21.7	21.5	21.3	21.2	21.1	21.0	20.9	20.8
67									21.0	20.8	20.6	20.5	20.4	20.2	20.1	20.1
68										20.1	20.0	19.8	19.7	19.5	19.4	19.3
69											19.3	19.1	19.0	18.8	18.7	18.6
70												18.5	18.3	18.2	18.0	17.9
71													17.7	17.5	17.4	17.3
72														16.9	16.7	16.6
73															16.1	16.0
74																15.4

Source: irs.gov

TO USE THE JOINT TABLE, FIND YOUR AGE ON THE HORIZONTAL LINE AND YOUR SPOUSE'S AGE ON THE VERTICAL LINE.

FOR EXAMPLE, IF YOUR AGE IS 71 AND YOUR SPOUSE'S AGE IS 60, YOUR LIFE EXPECTANCY FACTOR IS 27.2.