

CHECKLIST FOR TAX DEDUCTIONS FOR Sole Proprietors

BUSINESS

- Advertising/Promotional
- Auto fuel
- Auto loan interest
- Auto Registration / Insurance
- Auto repairs
- Bank fees
- Business Dues
- Business supplies
- Cost of Goods sold
- Education/Training
- Home insurance
- Home repairs/maintenance
- Interest charges
(business only CC or bank)
- Office supplies
- Phone/Cable
- Property Tax
- Rent or Mortgage interest
- Shipping/Freight/Postage
- Subscriptions
- Travel meals
- Travel/Lodging
- Utilities
- GST Number (Check if yes)
- Utilities

PERSONAL

- Donations
- RRSP / FHSA / RESP
- Child care
- Medical - drugs, chiro, physio, osteo etc,
dental, vision
- Massage not technically, I claim as
professional for what I do :)
- Canada Employment amount
- See full list on next page**



THE Bookkeeping
Therapist

Phone: 587-434-1890

bookkeepingtherapist.com

bookkeepingtherapist@gmail.com



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Tax Deduction	Eligibility	How to Apply	Max Deduction	Example
RRSP Contributions	Anyone with RRSP room based on earned income.	File RRSP contributions on tax return.	Up to \$31,560.	Contributing \$20,000 reduces taxable income.
Child Care Expenses	Parents with eligible child care expenses.	Claim on tax return; keep receipts.	\$8,000 per child under 7; \$5,000 for 7-16.	Claiming \$5,000 in daycare expenses.
Disability Tax Credit (DTC)	Individuals with a prolonged impairment.	Submit Form T2201 with doctor's certificate.	9428	Claiming \$9,428 for a dependent with a disability.
Medical Expenses	Expenses above 3% of net income or \$2,635.	Claim expenses on tax return.	Over 3% of net income or \$2,635.	Claiming \$3,500 in medical expenses.
Home Accessibility Tax Credit (HATC)	Seniors or disabled persons improving home accessibility.	Claim eligible expenses on tax return.	3000	Claiming \$15,000 in home renovations.
Canada Employment Amount	All employed individuals.	Automatically applied based on income.	1368	Automatically applies.
Canada Training Credit	Canadians aged 25-65 pursuing training.	Claim on tax return; must accumulate.	\$250 annually, up to \$5,000.	Claiming \$250 for retraining expenses.
Pension Income Splitting	Retirees receiving pension income.	File form T1032 with tax return.	Up to 50% of pension income.	Splitting \$30,000 in pension income.
Moving Expenses	Individuals moving 40 km closer to a new job or school.	Claim expenses on tax return.	Depends on moving costs.	Claiming \$5,000 for moving costs.
Student Loan Interest	Anyone with a qualifying student loan.	Claim interest on tax return.	Interest paid on federal or provincial loans.	Claiming \$1,200 in student loan interest.
Tuition and Education Amounts	Post-secondary students paying tuition.	Claim unused tuition amounts.	Unused tuition amounts.	Claiming \$3,000 in unused tuition.
Charitable Donations	Anyone donating to registered charities.	Claim donations on tax return.	15-29% of donations.	Donating \$1,000 results in a \$290 credit.
First-Time Home Buyers' Tax Credit (HBTC)	First-time homebuyers.	Claim \$10,000 on tax return.	1500	Claiming \$1,500 for homebuyer credit.
Climate Action Incentive (CAI)	Residents of provinces with a carbon tax.	Automatically applied on tax return.	Varies by province.	Receiving \$250 for carbon tax relief.
Northern Residents Deduction	Residents of prescribed northern zones.	Claim residency deduction on tax return.	\$11 per day.	Claiming \$2,500 for northern residency.
Home Buyers' Plan (HBP)	First-time homebuyers withdrawing RRSP funds.	Withdraw RRSP, repay over 15 years.	Up to \$35,000.	Withdrawing \$30,000 from RRSP for a home.
Digital News Subscription Tax Credit	Anyone subscribing to qualifying digital news.	Claim subscription on tax return.	75	Claiming \$500 for news subscriptions.
Volunteer Firefighters' and Search and Rescue Volunteers' Tax Credit	Volunteers with 200+ hours of service.	Claim volunteer credit on tax return.	3000	Claiming \$3,000 for volunteer service.
Family Caregiver Amount	Caregivers for individuals with impairments.	Claim caregiver credit on tax return.	\$2,499.00	Claiming \$2,499 for dependent care.
Adoption Expense Credit	Parents adopting a child under 18.	Claim eligible expenses on tax return.	\$18,210.00	Claiming \$18,210 for adoption expenses.
Political Contributions	Donors contributing to political parties.	Claim political contributions on tax return.	75% on first \$400, scaled after.	Claiming \$600 for political contributions.

Great Resource:

<https://taxtool.ca/list-of-canadian-federal-tax-deductions/>