

# 2026 Tax Planning Quick Reference Guide



## FEDERAL INCOME TAX RATES

Single	Married, filing jointly	Married, filing separately	Head of household (HOH)	Estates, trusts and unearned income of children
\$0-\$12,400	\$0-\$24,800	\$0-\$12,400	\$0-\$17,700	\$0-\$3,300
\$12,401-\$50,400	\$24,801-\$100,800	\$12,401-\$50,400	\$17,701-\$67,450	\$3,301-\$11,700
\$50,401-\$105,700	\$100,801-\$211,400	\$50,401-\$105,700	\$67,451-\$105,700	\$11,701-\$16,000
\$105,701-\$201,775	\$211,401-\$403,550	\$105,701-\$201,775	\$105,701-\$201,750	\$16,001 or more
\$201,776-\$256,225	\$403,551-\$512,450	\$201,776-\$256,225	\$201,751 - \$256,200	The amount used to reduce the net unearned income on a child's return subject to the "kiddie tax" is \$1,350.
\$256,226-\$640,600	\$512,451-\$768,700	\$256,226-\$384,350	\$256,201-\$640,600	
\$640,601 or more	\$768,701 or more	\$384,351 or more	\$640,601 or more	

## FEDERAL INCOME TAX DEDUCTIONS AND CREDITS

### Standard deductions

Single	\$16,100
Married, filing jointly	\$32,200
Head of household (HOH)	\$24,150
Married, filing separately	\$16,100
Additional standard deduction for taxpayers who are age 65 or are blind:	
Single or HOH	\$2,050
All other statuses	\$1,650
Temporary Additional Senior Deduction (per person age 65+, through 2028, subject to income phaseouts)	\$6,000

### Child tax credit

The refundable portion of the credit cannot exceed \$1,700 for a qualifying child.

### Long-term care premium deductibility limits<sup>1</sup>

For HSA reimbursement or Section 213 medical deduction (subject to income limits)

Attained age before end of tax year	Limit
40 or less	\$500
More than 40 but not more than 50	\$930
More than 50 but not more than 60	\$1,860
More than 60 but not more than 70	\$4,960
More than 70	\$6,200

## OTHER FEDERAL TAX RATES

### Rates for long-term capital gains and qualified dividends

Capital gains rate/ filing status	Single filer (income amount)	Married, filing jointly (income amounts)
0%	\$0-\$49,450	\$0-\$98,900
15%	\$49,451-\$494,500	\$98,901-\$613,700
20%	\$545,501 or more	\$613,701 or more

### Net Investment Income Tax

Applies to the lesser of (a) net investment income or (b) modified adjusted gross income (MAGI) exceeding:

• Single or head of household	\$200,000
• Married, filing jointly	\$250,000
• Married, filing separately	\$125,000
• Qualifying widow(er) with a child	\$250,000

### Federal gift and estate tax

Gift tax annual exclusion	\$19,000
Annual exclusion for gift to noncitizen spouse	\$194,000
Estate tax exclusion amount	\$15,000,000
Lifetime gifting exclusion amount	\$15,000,000
Highest gift tax rate	40%
Highest estate tax rate	40%
Highest generation-skipping transfer tax rate	40%

### Social Security

Annual cost-of-living adjustment	2.8%
Maximum earnings (during working years) subject to FICA tax	\$184,500
Income <sup>2</sup> causing Social Security benefits to be taxable:	
• Single or HOH	
- 50% taxable	\$25,000-\$34,000 MAGI
- 85% taxable	More than \$34,000
• Married, filing jointly	
- 50% taxable	\$32,000-\$44,000 MAGI
- 85% taxable	More than \$44,000

Maximum earnings (from a job) between age 62 and normal Social Security retirement age before Social Security benefits are reduced \$1 for every additional \$2 earned

## CONTRIBUTION LIMITS

### IRA

IRA contribution (under age 50)	\$7,500
IRA contribution (50 and older)	\$8,600
IRA deduction phaseout (qualified plan participant):	
• Single or HOH	\$81,000-\$91,000
• Married, filing jointly	\$129,000-\$149,000
• Married, filing separately	\$0-\$10,000
• Spousal IRA deduction phaseout	\$242,000-\$252,000

### Phaseout of Roth IRA contributions eligibility

Single	\$153,000-\$168,000
Married, filing jointly	\$242,000-\$252,000
Married, filing separately	\$0-\$10,000

### SEP

SEP contribution limit is the lesser of 25% of compensation, or	\$72,000
Minimum compensation for SEP participant	\$800

### SIMPLE

SIMPLE elective deferral (under age 50)	\$17,000
SIMPLE elective deferral (50 and older)	\$21,000
SIMPLE elective deferral (ages 60-63)	\$22,250

### Retirement plans

401(k), 403(b), <sup>3</sup> 457 <sup>4</sup> and SARSEP elective deferral (under 50)	\$24,500
401(k), 403(b), <sup>3</sup> 457 <sup>4</sup> and SARSEP elective deferral (50 and older)	\$32,500
401(k), 403(b), <sup>3</sup> 457 <sup>4</sup> and SARSEP elective deferral (ages 60-63)	\$35,750
Total contribution limit on additions to defined contribution plans	\$72,000
Annual benefit limit on defined benefit plans	\$290,000
Highly compensated employee threshold	\$160,000
Maximum compensation taken into account for qualified plans	\$360,000

### Health savings accounts (HSAs)

Individual limit (under age 55)	\$4,400
Family limit	\$8,750
Catch-up contribution (55 and older)	\$1,000

## HOW TO CALCULATE A REQUIRED MINIMUM DISTRIBUTION (RMD) AMOUNT

Required minimum distributions (RMDs) are the minimum amounts that account owners or beneficiaries must withdraw from their retirement accounts each year. Account owners generally must start taking withdrawals from certain retirement accounts when they reach age 73. Beneficiaries of qualified retirement accounts and nonqualified deferred annuities must begin taking distributions soon after inheriting the account or annuity. These accounts include traditional IRAs, SEP IRAs, and SIMPLE IRAs, as well as 401(k), 403(b) and 457(b) plans.

To learn more about how these tables are used to calculate RMDs for owners and beneficiaries or to view details on additional ages, check out our [in-depth RMD resource](#).

[Life expectancy tables, last updated January 1, 2022.](#)

EXAMPLE (For account owners only)			
<b>Account Balance</b>	<b>Life Expectancy Factor</b>	<b>=</b>	<b>Your RMD</b>
As of December 31 last year	Check the table below to find the factor using the age you turn this year		
<b>Example</b>			
<b>\$100,000</b>	<b>26.5</b>	<b>=</b>	<b>\$3,773.58</b>
<b>Account Balance</b>	<b>Divisor</b>	<b>=</b>	
As of December 31 last year	IRA owner turned 73 this year		
Owners and beneficiaries use different methods to calculate RMDs. Refer to our in-depth RMD resource (left) to learn more.			

### UNIFORM LIFETIME TABLE

Use this table to calculate the RMD amount for account holders.<sup>5</sup>

Age	Factor	% Equiv.	Age	Factor	% Equiv.
73	26.5	3.77%	97	7.8	12.82%
74	25.5	3.92%	98	7.3	13.70%
75	24.6	4.07%	99	6.8	14.71%
76	23.7	4.22%	100	6.4	15.63%
77	22.9	4.37%	101	6.0	16.67%
78	22	4.55%	102	5.6	17.86%
79	21.1	4.74%	103	5.2	19.23%
80	20.2	4.95%	104	4.9	20.41%
81	19.4	5.15%	105	4.6	21.74%
82	18.5	5.41%	106	4.3	23.26%
83	17.7	5.65%	107	4.1	24.39%
84	16.8	5.95%	108	3.9	25.64%
85	16	6.25%	109	3.7	27.03%
86	15.2	6.58%	110	3.5	28.57%
87	14.4	6.94%	111	3.4	29.41%
88	13.7	7.30%	112	3.3	30.30%
89	12.9	7.75%	113	3.1	32.26%
90	12.2	8.20%	114	3.0	33.33%
91	11.5	8.70%	115	2.9	34.48%
92	10.8	9.26%	116	2.8	35.71%
93	10.1	9.90%	117	2.7	37.04%
94	9.5	10.53%	118	2.5	40.00%
95	8.9	11.24%	119	2.3	43.48%
96	8.4	11.90%	120	2	50.00%

### SINGLE LIFE TABLE

Use this table to calculate the RMD amount for beneficiaries.

Age	Factor	% Equiv.															
0	84.6	1.18%	24	61.1	1.64%	48	38.1	2.62%	72	17.2	5.81%	96	3.7	27.03%			
1	83.7	1.19%	25	60.2	1.66%	49	37.1	2.70%	73	16.4	6.10%	97	3.4	29.41%			
2	82.8	1.21%	26	59.2	1.69%	50	36.2	2.76%	74	15.6	6.41%	98	3.2	31.25%			
3	81.8	1.22%	27	58.2	1.72%	51	35.3	2.83%	75	14.8	6.76%	99	3	33.33%			
4	80.8	1.24%	28	57.3	1.75%	52	34.3	2.92%	76	14.1	7.09%	100	2.8	35.71%			
5	79.8	1.25%	29	56.3	1.78%	53	33.4	2.99%	77	13.3	7.52%	101	2.6	38.46%			
6	78.8	1.27%	30	55.3	1.81%	54	32.5	3.08%	78	12.6	7.94%	102	2.5	40.00%			
7	77.9	1.28%	31	54.4	1.84%	55	31.6	3.16%	79	11.9	8.40%	103	2.3	43.48%			
8	76.9	1.30%	32	53.4	1.87%	56	30.6	3.27%	80	11.2	8.93%	104	2.2	45.45%			
9	75.9	1.32%	33	52.5	1.90%	57	29.8	3.36%	81	10.5	9.52%	105	2.1	47.62%			
10	74.9	1.34%	34	51.5	1.94%	58	28.9	3.46%	82	9.9	10.10%	106	2.1	47.62%			
11	73.9	1.35%	35	50.5	1.98%	59	28	3.57%	83	9.3	10.75%	107	2.1	47.62%			
12	72.9	1.37%	36	49.6	2.02%	60	27.1	3.69%	84	8.7	11.49%	108	2	50.00%			
13	71.9	1.39%	37	48.6	2.06%	61	26.2	3.82%	85	8.1	12.35%	109	2	50.00%			
14	70.9	1.41%	38	47.7	2.10%	62	25.4	3.94%	86	7.6	13.16%	110	2	50.00%			
15	69.9	1.43%	39	46.7	2.14%	63	24.5	4.08%	87	7.1	14.08%	111	2	50.00%			
16	69	1.45%	40	45.7	2.19%	64	23.7	4.22%	88	6.6	15.15%	112	2	50.00%			
17	68	1.47%	41	44.8	2.23%	65	22.9	4.37%	89	6.1	16.39%	113	1.9	52.63%			
18	67	1.49%	42	43.8	2.28%	66	22	4.55%	90	5.7	17.54%	114	1.9	52.63%			
19	66	1.52%	43	42.9	2.33%	67	21.2	4.72%	91	5.3	18.87%	115	1.8	55.56%			
20	65	1.54%	44	41.9	2.39%	68	20.4	4.90%	92	4.9	20.41%	116	1.8	55.56%			
21	64.1	1.56%	45	41	2.44%	69	19.6	5.10%	93	4.6	21.74%	117	1.6	62.50%			
22	63.1	1.58%	46	40	2.50%	70	18.8	5.32%	94	4.3	23.26%	118	1.4	71.43%			
23	62.1	1.61%	47	39	2.56%	71	18	5.56%	95	4	25.00%	119	1.1	90.91%			
												120	1	100%			

<sup>1</sup> The IRS considers the premiums for traditional long-term care (LTC) insurance contracts to be a qualified medical expense that may be paid for or reimbursed from an HSA on a tax-free basis, subject to age-based limitations. LTC riders on life insurance have additional considerations. Consult your tax advisor for additional details.

<sup>2</sup> This is your adjusted gross income, plus nontaxable interest, plus half of your Social Security benefits.

<sup>3</sup> Additional catch-up contributions may be available for 403(b) participants with 15 or more years of service.

<sup>4</sup> In the last 3 years before retirement, 457 plan participants may be able to increase their elective deferrals if needed to catch up on missed contributions.

<sup>5</sup> Married account owners whose spouse is more than 10 years younger and is the sole beneficiary of their IRA may use the [Joint and Last Survivor table](#).

Source: [IRS.gov](#). Information is accurate as of November 2025. This document is designed to provide general information on the subjects covered.

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