WHAT THE BUDGET?

WEEKLY SPENDING TRACKER

Every time you swipe your card, pay with cash, or digitally pay someone this week, keep track. *(For ease of tracking, don't record any monthly bills you pay.)*

HERE ARE SOME EXAMPLES OF WHAT TO INCLUDE IN EACH CATEGORY:

- Home and Family - Home decor, family or date night activities, and hair cuts.
- Food and Consumables - Eating out, groceries, paper towels, diapers, shampoo, etc.
- Other - Anything else.

DATE	STORE OR ITEM	FOOD & CONSUMABLES	HOME & FAMILY	OTHER	NEED	WANT
7/8	Costco (Groceries + Rug)	$75.42	$13.99		X	
7/10	Swig	$12.32				X
7/11	Venmo Facebook Marketplace			$35.00		X
7/12	Target	$38.75		$27.98	X	X
7/13	Gas Station Drink	$4.57				X
	TOTALS:	$131.06	$13.99	$62.98		

AWESOME JOB!

NOW LET'S SEE HOW YOU DID!

TAKE ALL 3 TOTALS AND ADD THEM UP: $208.03

WAS THIS A NORMAL WEEK OF SPENDING?

A LITTLE LOW	PRETTY NORMAL	A LITTLE HIGH
		X

READY TO FEEL THE BURN?

MULTIPLY YOUR TOTAL BY 4 TO GET AN ESTIMATE OF WHAT YOU WOULD SPEND FOR A MONTH: $832.12

CUT YOUR SPENDING BY 30% EACH WEEK AND TRY TO STAY AT THAT AMOUNT FOR AN ENTIRE MONTH. YOU CAN DO THIS!

WHAT THE BUDGET?

WEEKLY SPENDING TRACKER

Every time you swipe your card, pay with cash, or digitally pay someone this week, keep track. *(For ease of tracking, don't record any monthly bills you pay.)*

DATE	STORE OR ITEM	FOOD & CONSUMABLES	HOME & FAMILY	OTHER	NEED	WANT
					○	○
					○	○
					○	○
					○	○
					○	○
					○	○
					○	○
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					○	○
					○	○
					○	○
					○	○
					○	○
					○	○
					○	○
	TOTALS:					

AWESOME JOB!

NOW LET'S SEE HOW YOU DID!

TAKE ALL 3 TOTALS AND ADD THEM UP: _____

WAS THIS A NORMAL WEEK OF SPENDING?		
○	○	○
A LITTLE LOW	PRETTY NORMAL	A LITTLE HIGH

READY TO FEEL THE BURN?

MULTIPLY YOUR TOTAL BY 4 TO GET AN ESTIMATE OF WHAT YOU WOULD SPEND FOR A MONTH: _____

CUT YOUR SPENDING BY 30% EACH WEEK AND TRY TO STAY AT THAT AMOUNT FOR AN ENTIRE MONTH. YOU CAN DO THIS!