

Weekly Spending Journal

Track your spending by listing each purchase made every day. Consider keeping receipts to help keep track of all purchases. Add up every purchase from every day, and then add up the totals from each day to determine weekly spending. By completing this exercise, we can see where we can cut back on spending so there will be more money left to save. Compare your Spending Journal to your Spending Plan to have the most realistic plan. Remember, this Journal provides daily and weekly spending totals. The Spending Plan is monthly. Multiple weekly spending total by 4.4 (weeks in a month).

<p>SUNDAY</p> <p>Daily total:</p>	<p>MONDAY</p> <p>Daily total:</p>
<p>TUESDAY</p> <p>Daily total:</p>	<p>WEDNESDAY</p> <p>Daily total:</p>
<p>THURSDAY</p> <p>Daily total:</p>	<p>FRIDAY</p> <p>Daily total:</p>
<p>SATURDAY</p> <p>Daily total:</p>	<p>Notes or other weekly purchases:</p> <p>WEEKLY TOTAL:</p>