Spending tracker

Write the amount under the right category, then total each column.

Month _____ Year _____

Date	Food	Eating out	Car	Home	Health	Kids	Fun	Other	Day total
1									$
2									$
3									$
4									$
5									$
6									$
7									$
8									$
9									$
10									$
11									$
12									$
13									$
14									$
15									$
16									$
17									$
18									$
19									$
20									$
21									$
22									$
23									$
24									$
25									$
26									$
27									$
28									$
29									$
30									$
31									$
Total	$	$	$	$	$	$	$	$	$

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Weekly spending limits

Give yourself one number per week and count down.

Month _____ Year _____

Week 1

Limit $ _____

Spent $ _____

Left $ _____

Week 2

Limit $ _____

Spent $ _____

Left $ _____

Week 3

Limit $ _____

Spent $ _____

Left $ _____

Week 4

Limit $ _____

Spent $ _____

Left $ _____

Week 5

Limit $ _____

Spent $ _____

Left $ _____

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Why I bought it

For purchases you were not planning. Patterns show up fast.



Month _____ Year _____

Date	What	Price	Bored	Stress	Sale	Need	Glad I did?
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐
		$	☐	☐	☐	☐	☐

My usual trigger

What to do instead

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