Spending Journal

Keeping track of every purchase you make on a daily basis over a period of time can keep you more aware of how you are spending your money, help you identify your spending habits, and also to help you find what areas of improvement are available.

Use this spending journal to track your spending weekly for at least one month. Each expense should be placed under one of the category headings – example: *streaming services or new shoes = personal items*. At the end of each week total up each column and enter the totals into the actual spent each week.

Week of

Expense	Housing	Transportation	Utilities	Food	Savings	Personal Items	Other
EXAMPLE: GROCERIES				$57.82			
Weekly Total Enter into Monthly Budget Sheet							