

ACTIVITY: TRACKING YOUR DAILY SPENDING

Tracking your daily spending helps you see where your money goes. One easy way to do this is to take a sheet of paper and fold it in half three times. This will give you eight sections. Write the days of the week on seven sections, and “totals” on the last section. Keep it in your pocket or purse, and every time you spend money, write down how much and what it was spent on. Be sure to record purchases made in cash and by check, credit card, or debit card. Record weekly totals and transfer to your budget worksheet.

Other methods to track your spending include carrying a small notebook to record expenditures, or saving receipts and writing on them what you purchased.

Track your spending for a month to get a good picture of where your money goes. Ask each family member to participate in tracking their spending to get a total picture of the family’s spending.

Dates: _____ to _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	TOTALS