

Write down every purchase for one week



EVERY COFFEE, EVERY CLICK. THE SMALL STUFF IS WHERE MONEY HIDES.

MONTHLY SPENDING CALENDAR

Write your daily total. Color in the \$0 days.



Month: _____ Daily limit: _____ Monthly 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				

Write each day's spending total. Color in every \$0 day

A MONTH OF DAILY TOTALS SHOWS YOUR SPENDING PATTERNS FAST.