Track Your Spending

For a period of four weeks, track your spending and identify whether or not you are spending money that you feel is "necessary" or "wasted." For each item, also note your basic feelings at the time you purchased the item(s). Make additional copies of this worksheet if needed to track all of your expenditures.

Date	Item (What I bought/paid)	Category of Item (Rent, Dining Out, Food, etc.)	Cost (What I spent)	Wasted money? (√)	How did I feel at the moment?
	TOTAL NECESSARY SPENDING:		$		
	TOTAL UNNECESSARY SPENDING:		$		
	TOTAL SPENDING:		$		

Multiply the total unnecessary spending as follows to approximate "wasted" spending over time:

- One Month (x4) = $_____
- One Year (x52) = $ _____

Based on your results, are there any modifications you would like to make in your spending habits?

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