

## Spending Log Work Sheet

### Weekly Spending Log

Keep a record of all of your spending for at least one week. Keep in mind that a week may not be enough time to really find all of your money habits. You may want to copy this page and keep track for a longer period of time. Write down everything! You should also record how you were feeling at the time. Emotions can account for much of the spending and you may not even realize it. See the example below. After the week is up, look at your log. Do you see any patterns developing? What are some of the triggers that cause you to spend? Do you see spending habits that you want to change?

Day	Time	Purchase	\$ Amount	My Feelings
Saturday	2:00 p.m.	New Dress	\$70.00	Needed a pick-me-up

Total the amount you have spent during the week. Are you spending more than you actually have? If so, now is the time to take some steps to plug those spending leaks.