



Weekly Expense Tracking

For at least one week, carry this form in your wallet or purse to track where you are spending your money. Write down every purchase. At the end of the day, add your totals at the bottom. Then, at the end of the week, add your daily totals to figure out your expenses for the week. Are you surprised by where you are spending your money? Think about what expenses you want to work on eliminating in the future.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Item	Cost												
Daily Total \$		Daily Total \$		Daily Total \$		Daily Total \$		Daily Total \$		Daily Total \$		Daily Total \$	