

# Weekly Tracking Sheet

Do you ever wonder where all of your money goes? The best way to build a budget that really works is to use accurate figures when designing your budget. Many people “think” they know what they spend on daily odds-and-ends, eating out, groceries, and entertainment but these are the most under estimated categories on most budgets! The best way to get accurate numbers for use in your budget is to track your spending. By tracking what you spend you will get a better idea of where those “extra” dollars maybe hiding and use them to increase savings, reach your goals, get out of debt, etc.

One week at a time, for a month, carry this tracking sheet in your purse or wallet and track where you spend your money. Write down EVERYTHING you buy this includes the \$0.50 newspaper, \$3 coffee, \$10 lunch, etc.

Total your spending at the end of each day and then for the week. After tracking your spending for four weeks you will have a more accurate picture of what you spend in the categories that are hardest to estimate (daily odds-and-ends, eating out, groceries, entertainment, etc.) Armed with these figures and the amounts of your fixed expenses (rent, mortgage, utilities, insurance, etc.) which are easily obtained by using your checkbook register, bills and statements, you will be ready to build a budget that really works because it is based on facts instead of guesstimates.

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SUN		MON		TUES		WED		THURS		FRI		SAT	
Item	Cost	Item	Cost	Item	Cost	Item	Cost	Item	Cost	Item	Cost	Item	Cost
<b>Daily Total</b>		<b>Daily Total</b>		<b>Daily Total</b>		<b>Daily Total</b>		<b>Daily Total</b>		<b>Daily Total</b>		<b>Daily Total</b>	

Weekly Total \_\_\_\_\_