How much do you spend in a week?

Ask your librarian about resources available to help you start and stick to a budget.

cfpb Consumer Financial Protection Bureau

Write down how much you spend in a week:

Day 1

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Day 2

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Day 3

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Day 4

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Day 6

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Day 6

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Day 7

..... $ _____
..... $ _____
..... $ _____
Subtotal $ _____

Total $ _____