

SPENDING TRACKER

The goal of this worksheet is to track all of your discretionary spending for a month. Write down everything you spend money on this month, aside from regular monthly bills and basic living expenses, and fill in the details in the chart below.

At the end of the month, rate how you feel about your purchases on a scale of 1-5. (1 = "I totally regret this purchase" and 5 = "This purchase was totally worth it.")

DATE	DESCRIPTION	AMOUNT	CATEGORY	RATING

Areas to cut back on next month: _____

