

My Spending Diary

Write down how much you spend every day. Place the amount in the category where it fits. For example, when you buy something out of a vending machine, add it to the “eating out” category. When you go to a movie, add it to the “entertainment” category. Consider carrying an index card or pad of paper with you so you can write down your purchases immediately and then transfer the information to your spending diary when you get home. Make copies of this form. Use a new one every month. Use a calculator at the end of the month to add up your purchases for each category.



Month and Year: _____

EXAMPLE: Eating Out	Groceries	Eating Out	Rent or Mortgage	Utilities (gas, heat, electric- ity, water, sewer)	Telephone
\$2.00					
\$.75					
\$8.78					
\$21.45					
\$1.25					
\$13.99					
TOTAL: \$48.22					

(continued)

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EXAMPLE: Eating Out	Clothing	Transportation (bus passes, gas for the car)	Haircuts	Gifts (for birthdays and holidays)	Health Care
\$2.00					
\$.75					
\$8.78					
\$21.45					
\$1.25					
\$13.99					
TOTAL: \$48.22					

EXAMPLE: Eating Out	School Supplies	Child Care	Personal	Charitable Contributions	Entertainment
\$2.00					
\$.75					
\$8.78					
\$21.45					
\$1.25					
\$13.99					
TOTAL: \$48.22					

