7-Day Spending Diary

Week of _____ Use one currency. Add up what you spent each day, then write one quick note about a choice you made.

Day	Essentials	Extras	Daily total	What prompted it?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Week totals · essentials _____ extras _____ overall _____

One spending habit I want to try next week

Example: Make a snack before leaving home twice this week.

_____

_____

Print A4 at actual size, or use Fit to page for US Letter.