

# Spending Log

**Directions:** You are going to track your spending and income for one week (7 days). For each day, you will note any income you receive and the source of that income. In addition, you will record all of your expenses for each day. You will need to record the product or service you purchased and the purchase price. If you have no income or purchases for a day, write “none” in that space. Be sure to record accurately. See the sample entry below as a guideline.

Date	Income	Source of Income	Purchases	Cost of Purchases
9/2/02	\$5.00	babysitting	school lunch	\$1.25
			magazine	\$3.63
<i>Daily Total</i>	\$5.00			\$4.93

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

Date	Income	Source of Income	Purchases	Cost of Purchases
<i>Daily Total</i>	\$			\$

# Spending Log *(cont.)*

**Directions:** For the next section, group your purchases into categories using the ones listed below. Find the weekly total for each category and write that amount in the space provided. Be sure to add accurately. Complete the short answer questions below when you finish.

Category	Amount Spent
food/drinks/snacks	_____
CD's/music	_____
entertainment/hobbies	_____
clothing/shoes	_____
make-up/grooming items	_____
movies	_____
jewelry	_____
video games	_____
school supplies	_____
books/magazines	_____
other:	_____

1. What was the total amount of money you spent this week? \_\_\_\_\_
2. What was the total amount of your income this week? \_\_\_\_\_
3. If you were to average the amount spent over the course of one year, how much would your total expenses be? \_\_\_\_\_
4. If you were to average the amount of income earned over the course of one year, how much would you earn? \_\_\_\_\_
5. What did you learn about your spending habits from tracking your weekly purchases and income?  
\_\_\_\_\_  
\_\_\_\_\_
6. What would you like to change about your spending habits?  
\_\_\_\_\_  
\_\_\_\_\_