



Track Your Expenses For a Week

Does your budget say you should have money left over from each paycheck, but you don't know where that money goes? Do you feel like you're barely getting by on what you make? Chances are, you have some expenses in your daily life that are adding up without you realizing it.

Some of the categories in which people most commonly spend more money than they think are:

- * Going out to eat
- * Snacks and coffee
- * Extra things you "need," but weren't planning to buy at the grocery store

Take the first step toward understanding your expenses by writing down how much you spend every day for one week using the **Daily Expense Record** (*next page*).

Questions? Don't hesitate to call or email!

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Daily Flexible Expense Record

Week of : _____

Category	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Category Totals
Food/Groceries								
Lunch/Dinner out								
Auto Repairs								
Gas/Transportation								
Medical (doctor visit, medicine)								
Snacks/coffee								
Video rental								
Laundry/dry cleaning								
Gifts (holidays, birthdays, etc.)								
Other holiday expenses								
Church/other donations								
Pet expenses								
Clothing								
Hair care								
Hobbies								
Entertainment								
Books/magazines								
Personal hygiene								
Other								
Other								
Other								
Daily Totals								

Grand Total

You can also track your expenses for a longer period of time if you want a more accurate picture. You might be surprised by what you find!