

Weekly Expense Tracking Worksheet



If you don't know how your money is being spent, it would be helpful to start tracking your spending. There are many effective ways to track spending – some like to save receipts while others prefer to record all purchases in a memo book. Remember, tracking is only effective if you count every expense, including your morning coffee and what you spend in the office vending machine. Be sure to track your spending for more than one week!

ITEM	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL EXPENSES	MONTHLY BUDGET	OVER / UNDER
Groceries										
Restaurants										
Laundry and dry cleaning										
Medical and dental										
Auto, gas, and parking										
Other transportation										
Child care										
Personal care										
Clothing										
Bank fees and postage										
Entertainment										
Books, music, and video										
Cigarettes and alcohol										
Gifts and cards										
Home and garden										
Charitable giving										
Savings										
TOTAL FOR MONTH								\$	\$	\$