Where Does My Money Go?

Seven Day Spending Log

Use this worksheet to track how much you spend on each item you purchase for a week. After you list each item, determine if each purchase was a need or a want, total your expenses and answer the questions below.

Date	Item Purchased	Amount Spent	Need or Want?
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	
		$	

Total Spent on Needs: _____   Total Spent on Wants: _____

Did you spend more money on needs or wants? How much more?

Were you surprised by the amount you spent? What purchases stand out?

In what ways did you save money on your purchases? (Examples: Saved $2 by buying generic dish soap instead of name brand; saved $15 by renting a movie instead of buying it.)

What strategies could you use to save money on your purchases in the future?