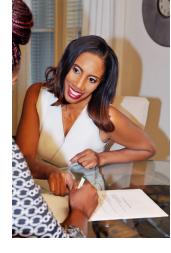


WEEKLY SPENDING SHEET



To complete this exercise, for reference look at your credit card bills, debit card banking statements or if you spend cash start keeping receipts for the next couple of weeks and then come back and complete this exercise.

Start by listing what you spend weekly (on average) in the second column and then multiply that number by 4 to get your monthly total and write the total in the "monthly" column.

EXPENSE	WEEKLY	MONTHLY
Groceries		
Dining Out: Coffee/Tea/Snacks		
Dining Out: Breakfast		
Dining Out: Lunch		
Dining Out: Dinner		
Entertainment (movies, shows, etc.)		
Nails		
Hair		
Transportation (Tolls/Uber/Bus/Train)		
Gas		
Child Care		
Dry cleaning/laundry		
Toiletries		
Other		
Other		
Other		

After you have completed this exercise, download the "Monthly Spending Budget" sheet and transfer the amounts in the "Monthly" column above to the "Monthly Spending Budget" sheet.

Copyright Tamara Celeste 2018