

Spending Reduction Worksheet

Use the following fields to list all of your non-essential weekly expenditures

Item/Activity	Price	Times Per Week	Cost Per Week
Example: Soda	\$1.00	X 6	= \$6.00
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____

While it's not possible to change all your spending habits at once, focus initially on those items or activities you can most easily do without and track what you are able to save below.

Week 1 _____

+ Week 2 _____

+ Week 3 _____

+ Week 4 _____

Total saved for the month _____