

Use the worksheets below to help you track your expenses.

*Do this for four weeks, and you will have an estimate
of what you spend on a monthly basis.*

Week 1 Expense Tracking Worksheet

| Day | Food | Transportation | Personal Expenses | Fun | Daily Totals |
|---|------|----------------|-------------------|-----|--------------|
| <i>Enter the dollar amount you spent each day in each category. Use approximate amounts if you don't have receipts.</i> | | | | | |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Category Totals | | | | | |

Week 2 Expense Tracking Worksheet

| Day | Food | Transportation | Personal Expenses | Fun | Daily Totals |
|---|------|----------------|-------------------|-----|--------------|
| <i>Enter the dollar amount you spent each day in each category. Use approximate amounts if you don't have receipts.</i> | | | | | |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Category Totals | | | | | |

| Week 3 Expense Tracking Worksheet | | | | | |
|---|------|----------------|-------------------|-----|--------------|
| Day | Food | Transportation | Personal Expenses | Fun | Daily Totals |
| Enter the dollar amount you spent each day in each category. Use approximate amounts if you don't have receipts. | | | | | |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Category Totals | | | | | |

| Week 4 Expense Tracking Worksheet | | | | | |
|---|------|----------------|-------------------|-----|--------------|
| Day | Food | Transportation | Personal Expenses | Fun | Daily Totals |
| Enter the dollar amount you spent each day in each category. Use approximate amounts if you don't have receipts. | | | | | |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Category Totals | | | | | |