## Track Your Spending

For one week, write down everything you spend money on. Start on today’s day of the week and proceed to fill out all 7 days (e.g. If today is Wednesday, start on Wednesday and then move through Thursday, Friday, Saturday, Sunday, Monday, and Tuesday)

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| **Day** | **Expense Type** | **Cost** | **Total** |
| *Monday* |  |  |  |
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| *Tuesday* |  |  |  |
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| *Wednesday* |  |  |  |
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| *Thursday* |  |  |  |
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| *Friday* |  |  |  |
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| *Saturday* |  |  |  |
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| *Sunday* |  |  |  |
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