



HOW MUCH DID I SPEND TODAY?

Each day this week, track every cent that you spend. At the end of each day identify which items were non-essential and then total that amount up so that you can track the money you are spending which could be saved or used to service your debt.

Day1 Monday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ **NON-ESSENTIALS:** _R_____

Day2 Tuesday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ **NON-ESSENTIALS:** _R_____

TRUTH ABOUT MONEY
 A 1LIFE INITIATIVE 

Day3 Wednesday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ NON-ESSENTIALS: _R_____

Day4 Thursday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ NON-ESSENTIALS: _R_____

Day5 Friday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ NON-ESSENTIALS: _R_____

Day6 Saturday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ NON-ESSENTIALS: _R_____



Day7 Sunday: ____/____/____

ITEM	COST	NON-ESSENTIAL

TOTAL SPENT: _R_____ NON-ESSENTIALS: _R_____

TOTAL WEEKLY SPEND ON NON-ESSENTIALS: _R_____

THIS IS HOW MUCH I CAN PUT TOWARDS MY SAVINGS: _____

NOTES: _____

