



Make \$ense of Your Spending

1. Calculate Average Monthly Spending

Make sense of your cash flow by reviewing your spending over a 3-month period. Gather your credit card and bank statements for the past 3 months, enter the totals and calculate the 3-month average for each category.

Monthly Spending				
	Month 1	Month 2	Month 3	Average
Groceries (including alcohol)	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
Totals	\$	\$	\$	\$
Clothing, Shoes, Accessories	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
Totals	\$	\$	\$	\$
Dining Out	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
Totals	\$	\$	\$	\$

Monthly Spending				
	Month 1	Month 2	Month 3	Average
Entertainment & Hobbies (books, music, tickets, gear, subscriptions, etc.)	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
Totals	\$	\$	\$	\$
Gifts	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
Totals	\$	\$	\$	\$
Other (maintenance, donations, tobacco, etc.)	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
	\$	\$	\$	\$
Totals	\$	\$	\$	\$

2. Copy your 3-month spending averages here.

Groceries	\$
Clothing	\$
Dining Out	\$
Entertainment	\$
Gifts	\$
Other	\$

Some people find it useful to create other sub-categories. For example, some people might break out the grocery total from the alcohol total and some people might break out spending on hobbies from spending on other kinds of entertainment. Here is a blank chart if you'd like to use it.

	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$

3. Review

Review your household spending to determine if there are categories on which you are spending a significant amount of money and/or not accounting for in your budgeted expenses. Reflect on whether these items constitute needs or wants. If you find that you are spending a good deal of money on items that are not essential, evaluate the importance of these items in your daily life and whether money spent on these items should be diverted toward financial goals such as saving or investing.

Spending patterns I notice:

Spending patterns I will consider changing:

4. Complete

Great job! Now that you have recorded and reviewed your spending habits, you are well-prepared to monitor your ongoing money behaviors.