

# Know where your money actually goes

Week starting:

Weekly target:

Add as many rows as you need - real life isn't one line

| DAY | WHAT DID YOU SPEND ON? | CATEGORY | AMOUNT (£) |
|-----|------------------------|----------|------------|
| MON |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |
| TUE |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |
| WED |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |
| THU |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |
| FRI |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |
| SAT |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |
| SUN |                        |          |            |
|     |                        |          |            |
|     |                        |          |            |

## This week (the reality)

| Total spent | Target | Difference |
|-------------|--------|------------|
|             |        |            |

## Be honest - what happened?

Biggest spend: \_\_\_\_\_

Was it worth it? \_\_\_\_\_

What changes next? \_\_\_\_\_

💡 Perfection isn't the goal. Awareness is.