

Print this weekly spending diary form and simply record your various expenses per day. Rounding to the nearest dollar is best. Add your expenses each day and record the total at the bottom. For best results, record your daily expenses for four (4) weeks to establish your monthly spending pattern.

Daily Living Expenses	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Savings							
Rent or Mortgage Payment							
House and Content Insurance							
Electricity							
Gas/Heating							
Water/Garbage/Sewer							
Telephone / Cell Phone							
Home Cleaning Supplies							
Exterminating/Lawn Care							
Life Insurance							
Health/Car Insurance							
Church/Charity							
Child Support Payments							
Groceries							
Meals at work and Out							
Clothes/Uniforms							
Dry Cleaning/Laundromat							
Gas/Oil/Lube							
Bus/Car Pooling/Parking/Train							
Child Care							
Hair Salon/Beauty Care							
Personal Items/Toiletries							
Doctor/Dentist							
Medication							
Books/Newspapers/Magazines							
Movies/Sports/Cable TV/Video							
Other Entertainment/Hobbies							
Union/Club Dues							
Cigarettes/Tobacco/Alcohol							
School Lunches							
School Supplies/Tuition/Lessons							
Children's Allowance							
Pet Care							
Gifts/Greeting Cards							
Misc/Postage/Bank Charges/Film							
<b>Total Daily Living Expenses</b>							