Daily Expenses Worksheet

Tracking your daily expenses is another key to strong financial health. In many cases, we go through the day spending money without any real idea as to where it all goes. Use this simple worksheet to track everything you buy such as coffee, newspapers, lunch, etc. Tracking your expenses for one week can help you change spending habits allowing you put aside more money towards your future goals.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Item	Cost	Item	Cost	Item	Cost	Item	Cost	Item	Cost	Item	Cost	Item	Cost
Daily Total:		Daily Total:		Daily Total:		Daily Total:		Daily Total:		Daily Total:		Daily Total:	