



How much do you spend in a week?

Ask your librarian about resources available to help you start and stick to a budget.



Consumer Financial
Protection Bureau

Write down how much you spend in a week:

Day 1

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Day 2

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Day 3

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Day 4

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Day 6

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Day 6

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Day 7

..... \$ _____
..... \$ _____
..... \$ _____
Subtotal \$

Total

\$