8 WORKING TOGETHER

Spending tracker

What to do:

Use this tool to help a person you serve understand how they spend their money. Encourage the person you serve to track their spending for a day, a week, two weeks, or a month. With this information, they may realize where their money goes for the first time. They can make changes to how they spend their money by using the analysis section of the spending tracker tool Your Money, Your Goals Module 4: Paying bills and other expenses in the toolkit

What to say:

"Tracking how you use your money is a first step to financial empowerment. This means recording everything you spend your money or financial resources on. The way you track how you spend your money and financial resources does not matter. You should use whatever is most comfortable for you. For example you could:

- Write your spending into the spending tracker.
- Ask someone else to write your spending into the spending tracker.
- Keep receipts for every time you use money and then fill in the spending tracker using the information from your receipts.
- Record a voice memo each time you spend money and have that written into the spending tracker at the end of a day or week.
- Take pictures of what you spend your money on and have that written into the spending tracker at the end of a day or week.
- Use a smart phone application to track your spending.

With this information, you will understand how you use your money and financial resources. You will also be able to make decisions about using your resources. For example, if you have a goal you want to save money for, you can decide where to cut back your spending to free up money for that goal."

To access a dynamic and fillable version of this tool, visit: www.consumerfinance.gov/
www.consumerfinance.gov/

CATEGORIES USED IN THE SPENDING TRACKER

	Cell phone	Any costs related to having and using your cell phone
血	Debt payment	Credit card payments, payday loan payments, pawn shop payments, car title loan payments, and other loan payments
**	Eating out	Any meals or beverages purchased outside of the home
â	Education + childcare	Childcare costs, diapers, school supplies, school materials fees, field trip and other activity fees
***	Entertainment	Going to the movies or concerts, sports equipment/fees, sporting events, lottery tickets, alcohol, books/CDs, subscriptions
	Groceries + other supplies	Food and beverages brought into the home, as well as other supplies: baby formula, haircuts, hygiene items, dry cleaning
+	Health expenses	Co-payments, medication, eye care, dental care, health insurance premiums
\$	Helping others	Donations to religious organizations or other charities, gifts
	Housing + utilities	Rent, mortgage, insurance, property taxes, electricity, gas, water, sewage, phone, television, Internet service, cell phone
	Pets	Food, healthcare costs, and other costs associated with caring for your pets
	Transport	Gas, car payment, insurance payment, repairs
**************************************	Other	 Court-ordered expenses (Child Support, restitution, etc.)
***************************************		 Household supplies (Things for your home like cleaning supplies, kitchen appliances, furniture, other equipment)
		 Savings (Saving for emergencies, goals, back to school expenses, holiday purchases, children's education, saving for retirement)
		 Tools or other job-related expenses (Tools, equipment, special clothing, job-related books, machinery, working animals or livestock, union dues)



Use this **spending tracker** to consider what is important to you

Spend	ling for	the m	onth o	†:

0	Get an envelope to collect your receipts.

- 2 Use the table to sort your spending into the categories below. Don't forget about bills you share with others.
- 3 At month's end, total up each category.

		Week 1	Week 2	Week 3	Week 4	Week 5	Category totals
	Cell phone						
俞	Debt payment						
\$	Eating out						
1	Education + childcare						
****	Entertainment						
	Groceries + other supplies						
+	Health expenses						
\$	Helping others						
畲	Housing + utilities						
***	Pets						
	Transport						
	Other						
Total spending this month							

Consumer Financial Protection Bureau prepared the tools included in the Your Money, Your Goals: Focus on People with Disabilities companion guide as a resource for the public. This material is provided for educational and information purposes only. It is not a replacement for the guidance or advice of an accountant, certified financial advisor, or otherwise qualified professional. The CFPB is not responsible for the advice or actions of the individuals or entities from which you received the CFPB educational materials. The CFPB's educational efforts are limited to the materials that CFPB has prepared.

The tools may ask you to provide sensitive information. The CFPB does not collect this information and is not responsible for how your information may be used if you provide it to others. The CFPB recommends that you do not include names, account numbers, or other sensitive information and that users follow their organization's policies regarding personal information.

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