

Worksheet 3. How do you spend your money each day?

Where does your money go? Here is a form to help you keep track of how you spend your money. Write in each day how much you spend under each heading. The headings are only suggestions. You may want to write in different ones. At the end of the month, total how much you spent for each item.

Date	FOOD		CLOTHING		HOUSING			HEALTH	EDUCATION	CONTRIBUTIONS
	At home	Away from home	Garments, materials, accessories	Dry cleaning, laundering, repairing, altering	Mortgage, rent, repair	Household supplies, utilities, phone, heat	Furnishings and equipment	Doctor, dentist, medicine	Newspapers, magazines, books, tuition	Charity, community
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