

DAILY SPENDING TRACKER

Track every purchase plus the mood behind it — spot emotional & impulse spending

MONTH _____

SPENDING LIMIT _____

Write it down the moment you spend — awareness is the first step to change

ONE WEEK

DAILY SPENDING LOG

DATE	WHAT I BOUGHT	AMOUNT	NEED / WANT	MOOD / TRIGGER
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
_____	_____	\$ _____	☐ N ☐ W	_____
► WEEKLY TOTAL SPENT		\$ _____		

Trigger Reflection

When do you spend most? What feelings or moments led to a "want" purchase this week?

"Noticing your spending isn't about guilt — it's about giving yourself the power to choose."

WEEKLY LIMIT

\$

SPENT SO FAR

\$

IMPULSE "WANTS"

\$

LEFT TO SPEND

\$