

Spending Leaks Activity

Living within your means (only spending the income you earn and not borrowing to cover expenses) can be challenging. It is important to identify where your money is going so that you can stop any spending leaks and start saving for your goals and unexpected expenses. Begin today by keeping track of where you are spending your money. Every day for a week, capture every item and its cost, no matter how small. Next, try it for four weeks. Then, do the math and find out how much you are spending in a year.

Item	Cost Per Item	Number of Items Per Week	Cost Per Week (cost per item x number of items per week)	Cost Per Year (cost per week x 52)
Soda, energy drinks, coffee	\$		\$	\$
Dining out	\$		\$	\$
Meals eaten outside of meal plan				
Fast food	\$		\$	\$
Vending machines	\$		\$	\$
Habits	\$		\$	\$
Magazines, books (including downloads)	\$		\$	\$
Downloads (cellphone ringtones, games, apps, videos)	\$		\$	\$
Movie rentals and downloads	\$		\$	\$
Clothes, shoes, uniforms	\$		\$	\$
Dry cleaning	\$		\$	\$
Hair, nails, facials, massages	\$		\$	\$
Toiletries	\$		\$	\$
Show tickets, entertainment	\$		\$	\$
Weekend mini-vacations	\$		\$	\$
Gifts	\$		\$	\$
Other:	\$		\$	\$
Other:	\$		\$	\$
Other:	\$		\$	\$
TOTAL	\$		\$	\$