

<u>Sunday</u> What Amt.	<u>Monday</u> What Amt.	<u>Tuesday</u> What Amt.	<u>Wednesday</u> What Amt.
Total Spent _____ How am I feeling? _____	Total Spent _____ How am I feeling? _____	Total Spent _____ How am I feeling? _____	Total Spent _____ How am I feeling? _____
<u>Thursday</u> What Amt.	<u>Friday</u> What Amt.	<u>Saturday</u> What Amt.	Try to divide how you spent your money this week: Total for Food out _____ Total for Food _____ Total for Transportation _____ Total for Entertainment _____ Total for Clothing _____ Total for Snacks _____ Other: (list items) _____ Total for Bills: _____
Total Spent _____ How am I feeling? _____	Total Spent _____ How am I feeling? _____	Total Spent _____ How am I feeling? _____	Do your feelings seem to be connected to your spending? _____