

DOLLAR TRACKER

Sunday	Monday	Tuesday	Wednesday
Thursday	Friday	Saturday	<p>Notes: To track your expenses copy a page for each week. Fold the page to fit in your pocket. Jot down purchases.</p> <p>Also not your mood (how you feel) at the time of purchases.</p> <p>Were you alone or with someone else.</p> <p>At the end of the week put a star (*) by items that are “needs” (bare necessities). Put a plus (+) by the “wants” (ways to meet needs with more style or comfort). Circle items that are “desires” (something you like having but doesn’t fulfill any basic need</p>

