Name: _____Date_____

SPENDING LOG

Below is a Spending Log. We recommend that you use it daily for five to seven days. Simply write down everything that you spend money on. Be sure to include bills that you pay, goods and services that you buy, and even include small items such as a can of soda or pack of gum. Also write down how you are feeling at the time you spend the money -- what mood you are in.

Please *do not* limit your spending while you use the Spending Log. We are trying to get a realistic glimpse of your spending patterns.

Item/Service	*Amount Spent*	*How I Feel*