

# Mindful Takeout Log

Month:

Harness the power of this monthly log to consciously manage your takeout habits. Simply fill in the key and shade the boxes according to your expenditure patterns. Review your habits, set achievable goals, and watch as your impulse takeout purchases become a thing of the past.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	

## Takeout Limit

Weekdays:

Weekends:

## Color Key

- No Spend!
- \$1 - \$10
- \$10 - \$20
- \$20 - \$30
- \$30 - \$40
- \$40+