

5 SIMPLE WAYS TO CUT FINANCIAL STRESS THIS MEMORIAL DAY

A FRIENDLY GUIDE TO HELP YOU SPEND LESS AND ENJOY MORE



Weekend Money Tracker

With Grounding Affirmations and a list of free budget and expense tracking mobile apps

Use this simple tracker to record all money in and out during your weekend.

Day:

Money IN: Money OUT:

- Item: | Amount:

- Item: | Amount:

- Item: | Amount:

- Item: | Amount:

- Item: | Amount: Total Spent:

Notes or Reflection:

Grounding Affirmations:

1. I choose peace over pressure. I do not need to spend to feel joy.
2. I am in control of my money, and I honor every dollar I manage.
3. Even in uncertainty, I am creating stability one choice at a time.

Here's a **list of free budget and expense tracking mobile apps** that are widely used and highly rated for helping individuals track income, spending, and manage their money more mindfully — especially helpful during financially stressful times like holiday weekends.

◆ 1. Mint (*by Intuit*)

- Platform: iOS, Android
- Features:
 - Automatic syncing with bank accounts and credit cards
 - Categorizes transactions
 - Bill reminders, budget goals, and credit score tracking
- Best For: Overall personal budgeting and expense tracking
- Link: <https://mint.intuit.com>

◆ 2. Goodbudget

- Platform: iOS, Android
- Features:
 - Envelope budgeting system
 - Manual transaction entry for better awareness
 - Share budgets across devices
- Best For: People who want a digital envelope system
- Link: <https://goodbudget.com>

◆ 3. EveryDollar (*by Ramsey Solutions*)

- Platform: iOS, Android
- Features:
 - Zero-based budgeting method
 - Track spending manually or link accounts (paid version)
 - Simple, intuitive interface
- Best For: Beginners or Dave Ramsey fans
- Link: <https://www.everydollar.com>

◆ 4. Spendee

- Platform: iOS, Android
- Features:
 - Track cash, bank accounts, and even crypto
 - Budget goals and bill tracking
 - Shared wallets for family or partner budgeting
- Best For: Visual spenders who like charts and colors

- Link: <https://www.spendee.com>

◆ 5. PocketGuard

- Platform: iOS, Android
- Features:
 - Automatically shows what's "safe to spend"
 - Connects to bank accounts, categorizes spending
 - Budget goals and recurring bills tracking
- Best For: People who want spending limits clearly shown
- Link: <https://pocketguard.com>

◆ 6. Wally

- Platform: iOS, Android
- Features:
 - Manual or automatic expense tracking
 - Tracks savings goals and shared finances
 - Multi-currency support
- Best For: International users or manual budgeters
- Link: <https://wally.me>

By accessing or downloading any materials linked or provided herein, you agree to release Momafey-HT Virtual Enterprise LLC, its affiliates, and content creators from any liability related to their use.

Follow at @momafey-HT Personal and Leadership Development . Momafeyhometraining.com