Name _____ Month/Date _____ Week # _____

Mindful Spending Exercise

Day	Category	Description	Amount	Need/ Want	Notes	Needs Attention
Monday			$			☐
			$			☐
			$			☐
Tuesday			$			☐
			$			☐
			$			☐
Wednesday			$			☐
			$			☐
						☐
Thursday			$			☐
			$			☐
			$			☐
			$			☐
Friday			$			☐
			$			☐
			$			☐
Saturday			$			☐
			$			☐
			$			☐
Sunday			$			☐
			$			☐
						☐