Monthly Record of Spending

Variable Expenses

Month / year_____

Spending	Plan								Total	Month Goal	(over) under	Comments:
Housing	Maint/Repair											
	Other											
Transportation	Gas											
	Maint/Repair											
	Other											
Food	Groceries											
	Fast food											
Household/ Personal	House items											
	Clothes											
	Personal											
	Other items											
Entertainment	Dining out etc											
	Hobbies/club											
	Technology											
	Trips											
Professional	Medical											
	Education											
	Other											
Misc. Cash	His											
	Hers											
	Other											
								Total				

1. Track the expenses by saving receipts or with your check book entries.
2. Cross out each day of the month below as you log in the expenses made during that day. If two people are recording, use different marks.
3. Compare them with the goals set in your SpendingPlan and assess the reasons for the differences.
4. In the comments column record any special circumstances.
5. Determine whether you need to adjust your spending next month.

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

Heart in Focus © 2008