

# Track Your Spending

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Lunches/eating out							
Coffee/tea							
Travel (gas,tolls and fares)							
Kids lunches							
Snacks/vending machines							
Candy and gum							
Bottled water and sodas							
Newspapers and magazines							
Cigarettes							
Cell phone							
<b>Total</b>							

Courtesy of [www.ControlCreditCardDebt.com](http://www.ControlCreditCardDebt.com)