Financial Planning for
Generation X & Y Women
http://wiseupwomen.org

A Notebook Tool for Tracking Your Spending

Don't know where your money goes? Here's one method to get you started.

Get a small notebook and make three columns that reflect how you spend your money: cash, check or debit card, and credit card. Carry your notebook with you. Make it a habit to jot down what you spend your money for and how you spend it. Do it as you spend—before you forget where the money went or how you made the purchase—by cash, check, debit, or credit card.

There's a way to save time with this task. If you are consistent and regular in entering into your checkbook register every check, every debit card purchase, and every ATM cash withdrawal that you make, you only have to enter your cash and credit card purchases into your notebook. Keeping your checkbook register current is an important step in money management because it avoids overdraft charges and gives a psychological boost by keeping you aware of your current balance.

My Spending Notebook				
Date	What	Cash	Check/Debit Card	Credit Card

Track your expenses over several weeks or months. Then take a hard look at where your money is going. If you have regrets about how you have spent your money or find that you are having difficulty making ends meet, resolve to change your spending habits.

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http://wiseupwomen.tamu.edu/downloads/worksheets-pdf/My-Spending-Notebook.pdf

Women's Bureau
U.S. Department of Labor
www.dol.gov/wb

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