The WeighIn
Sample Exercise for Scoring

Necessity Score: 1 = absolutely needed; 0 =not needed at all

Sample Daily WeighIn: Monday, Date:			
Item Purchased	Actual Cost (AC)	Necessity Score (NS): 0, ⅓, ⅔, 1	Necessity Cost (NC): = AC x NS
Shoes	$ 130	1	$ 130
Pants	$ 400	1/3	$ 133.33
Sweaters	$ 350	0	$ 0
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
Daily Totals AC	$ 880.00	NC	$ 263.33

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1. You really needed shoes, so you scored a 1. $130 x 1 = $130.
2. You needed pants, BUT you didn't need designer pants. So you decide to score them ⅓. $400 x ⅓ = $133.33
3. You didn't need sweaters at all, so they scored 0. $350 x 0 = $0.

What does this mean?

It means you spent $880 but only needed to spend $263.33.

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Behavioral Cents®

Stopping Overshopping™

WeighIn Date:			
Item Purchased	Actual Cost (AC)	Necessity Score (NS): 0, ⅓, ⅔, 1	Necessity Cost (NC): = AC x NS
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
	$		$
Daily Totals AC	$	NC	$

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