



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, 1/3, 2/3, 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 \times 1 = \130 .
2. You needed pants, BUT you didn't need designer pants. So you decide to score them $\frac{1}{3}$. $\$400 \times \frac{1}{3} = \133.33
3. You didn't need sweaters at all, so they scored 0. $\$350 \times 0 = \0 .

What does this mean?

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

WeighIn Date:			
Item Purchased	Actual Cost (AC)	Necessity Score (NS): 0, 1/3, 2/3, 1	Necessity Cost (NC): = AC x NS
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
	\$		\$
Daily Totals AC	\$	NC	\$