

See the second tab for instructions!

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Tracking Daily Expenses		Week of : _____							
Category	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Category Totals	
Food/Groceries								0	
Dining out								0	
Snacks/coffee								0	
Gas/Transportation								0	
Medical (doctor visit, medicine)								0	
Diapers/wipes/baby supplies								0	
Laundry/dry cleaning								0	
Clothing								0	
Personal hygiene (haircuts, nails)								0	
Gifts (holidays, birthdays, etc.)								0	
Church/other donations								0	
Entertainment								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Other:								0	
Daily Totals	0	0	0	0	0	0	0	0	

Grand Total:



Print out this form and keep it with you throughout the week. Record every single expense without exception for one week. This expense tracker is specifically designed to capture flexible expenses (expenses that vary month-to-month). The tracker provides some common flexible expenses, but your spending is unique so fill in those "other" categories specific to your spending. Once you've tracked your spending for a week, total up your expenses either manually or by entering them into this sheet to calculate for you. (To access an editable version of this sheet, select "File" and then "Download As.")