

## Spending Tracker

**\*\*Record every cent you spend for a period of 7, 14, or 30 days. At the end of your commitment period, add up how much you spend by topic or specific location (i.e. "eating out" or "Lattes" or "Amazon"). Use what you discover to reconsider your approach to budgeting and spending in that category.**

DATE	AMOUNT	DESCRIPTION
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