



Cut/Fold
on the
dotted
line

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Eating out								
Entertainment								
Clothing								
Gifts								
Groceries								
Gas/tolls								
Prescriptions								
Other								
Other								
Other								
Other								
Total								
Notes								

Fold
on the
solid
lines

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Eating out								
Entertainment								
Clothing								
Gifts								
Groceries								
Gas/tolls								
Prescriptions								
Other								
Other								
Other								
Other								
Total								
Notes								

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Eating out								
Entertainment								
Clothing								
Gifts								
Groceries								
Gas/tolls								
Prescriptions								
Other								
Other								
Other								
Other								
Total								
Notes								

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Eating out								
Entertainment								
Clothing								
Gifts								
Groceries								
Gas/tolls								
Prescriptions								
Other								
Other								
Other								
Other								
Total								
Notes								

Living on a Budget...

A budget can help you meet your goals in life! Setting your goals will help you to make sure that all of your expenses are included in your budget.

Keep this with you and write down everything you spend money on each day. You might surprise yourself with some of your spending habits! Do this for at least a month. At the end of the month transfer the information to the interactive budget on our website.
http://www.novadebt.org/budget.taf?_function=2

This will help you to set up a budget that reflects what you actually spend and you can make adjustments so that your money is going where you want it to go.

An educational message from

 A Garden State Consumer
 Credit Counseling Organization

1-800-99-BILLS