

Expense tracker (1 week)



Track Spending. Spot Patterns. Take Control.

7-Day Expense Check

A small win today can lead to big financial clarity tomorrow.

Set Your Week

Tracking works best with clarity.

Start Date:

End Date:

Choose categories to focus on this week:

Groceries

Eating Out

Shopping

Entertainment

Subscriptions

Other:

Daily Expense Log

<i>Day</i>	<i>Amount Spent</i>	<i>Category</i>	<i>Trigger</i>	<i>Necessary (Y/N)</i>
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Use this week to see patterns and identify leaks.

Mini Reflection

At the end of the week, answer:

Biggest spending surprise:

Most avoidable expense:

One small change for next week:

Quick Win Tip

Each day, ask: “Do I truly need this?”

Track triggers: boredom, stress, convenience

Even small awareness changes can save \$50–\$200/week

For comprehensive guidance on turning these insights into a consistent financial habit, I recommend incorporating more financial systems into your life that delve into detailed analyses, extended tracking, and strategies for habit development. Transform this one-week summary into a complete financial roadmap.

Being a little shameless, if you're looking for structured reflections, weekly check-ins, and long-term goal alignment, all of that is included in my paid Money Systems!