

The Wallet Tracker

The Wallet Tracker is provided for you by the University of Wisconsin Extension. It is designed to help you track everyday spending habits.

Here's how it works:

1. Fold this form on the lines on the back of this page.
2. Place the Wallet Tracker in you billfold or wallet.
3. For one week, write down every penny you spend on the Tracker. Also write down a brief phrase about your mood or feelings when you were buying or spending.
4. At the end of the week, categorize all the spending into as many specific areas as possible.

Find more resources for managing money at
fyi.extension.wisc.edu/moneymatters

Credit given to Beth Bell and Jane A. Gault, Extension agents at the University of Tennessee Extension, for designing this tool.

<p><u>Sunday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>	<p><u>Monday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>	<p><u>Tuesday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>	<p><u>Wednesday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>
<p><u>Thursday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>	<p><u>Friday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>	<p><u>Saturday</u> What</p> <p>Amt. _____</p> <p>Total Spent _____ How am I feeling? _____</p>	<p>Try to divide how you spent your money this week:</p> <p>Total for Food out _____ Total for Food _____ Total for Transportation _____ Total for Entertainment _____ Total for Clothing _____ Total for Snacks _____</p> <p>Other: (list items) _____</p> <p>Total for Bills: _____</p> <p>Do your feelings seem to be connected to your spending? _____</p>