



FRITTER FINDER

ONE OF THE MOST IMPORTANT STEPS

The purpose of this chart is to help keep track of out-of-pocket cash expenses that are often hard to remember. For a total financial “picture”, these will need to be added to major expenses such as your utilities, debt payments and so on. Carry this chart with you each day for at least one month (2-3 months is even better) Put the amount spent each day in the appropriate box. Figure your total at the end of the month (dollars and Life Hours). To save space, round off whole dollars.

MONTH OF _____

| EXPENSES Days of Month → | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | total | LH |
|---------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|-------|----|
| Gas/Car | | | | | | | | | | | | | | | | | | |
| Groceries/Household | | | | | | | | | | | | | | | | | | |
| Personal Items | | | | | | | | | | | | | | | | | | |
| Alcohol & Tobacco | | | | | | | | | | | | | | | | | | |
| Daily Medications | | | | | | | | | | | | | | | | | | |
| Medical Costs | | | | | | | | | | | | | | | | | | |
| Clothing | | | | | | | | | | | | | | | | | | |
| Laundry-Dry Cleaning | | | | | | | | | | | | | | | | | | |
| Hair Care | | | | | | | | | | | | | | | | | | |
| Food at Work | | | | | | | | | | | | | | | | | | |
| Newspapers/Magazines | | | | | | | | | | | | | | | | | | |
| Hobbies | | | | | | | | | | | | | | | | | | |
| Meals Eaten Out | | | | | | | | | | | | | | | | | | |
| Recreation | | | | | | | | | | | | | | | | | | |
| Gifts/Cards | | | | | | | | | | | | | | | | | | |
| Babysitting | | | | | | | | | | | | | | | | | | |
| Travel Food/drinks | | | | | | | | | | | | | | | | | | |

Don't get lost with should I put this down or not – if in doubt just fill it out.

You'll figure out eventually where it should go.

Just move. For goodness sakes – you're the only one who can put the numbers together –

Come on – Get a Grip - You are the CEO of Me, Inc.

Money doesn't know what to do by itself...you have to give it guidance



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MONTH OF _____

| EXPENSES Days of Month → | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | total | LH |
|---------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|-------|----|
| Gas/Car | | | | | | | | | | | | | | | | | | |
| Groceries/Household | | | | | | | | | | | | | | | | | | |
| Personal Items | | | | | | | | | | | | | | | | | | |
| Alcohol & Tobacco | | | | | | | | | | | | | | | | | | |
| Daily Medications | | | | | | | | | | | | | | | | | | |
| Medical Costs | | | | | | | | | | | | | | | | | | |
| Clothing | | | | | | | | | | | | | | | | | | |
| Laundry-Dry Cleaning | | | | | | | | | | | | | | | | | | |
| Hair Care | | | | | | | | | | | | | | | | | | |
| Food at Work | | | | | | | | | | | | | | | | | | |
| Newspapers/Magazines | | | | | | | | | | | | | | | | | | |
| Hobbies | | | | | | | | | | | | | | | | | | |
| Meals Eaten Out | | | | | | | | | | | | | | | | | | |
| Recreation | | | | | | | | | | | | | | | | | | |
| Gifts/Cards | | | | | | | | | | | | | | | | | | |
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