FSA - 1st Step - Expense Tracking

Most people have little knowledge of where their money really goes until they keep track of **ALL** spending. *Include your entire family in this process.* ***Choose any method(s) that suit you and track for 6 to 8 weeks.*** **Regardless of how you track your daily expenses, logging EVERYTHING is the goal.**

Example methods: **1. T**racking sheet **2**. **E**xtra check register **3. E**nvelopes: Label envelopes for categories (food, gas, etc.) Each family member carries paper & tracks purchases throughout the day. Each day, the papers (or receipts) are placed into the envelopes. **4. S**preadsheet or **I**nternet program (Spreadsheet tab) **www.FSAmoneyPA.com**

Date	**Expense – page # ______**	**Amount**	**Category** (discuss with your Saving Coach later)
Extra copies of this sheet are available at: **www.FSAmoneyPA.com** ("Budgets – Spreadsheets" tab)			

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