Grocery Habit Tracker

DATE	REASON FOR PURCHASE	USE A LIST?	AMOUNT	
TOTAL AMOUNT SPENT AT THE GROCERY STORE:				

AFTER LOOKING AT YOUR HABITS FOR THE LAST FEW WEEKS, HAVE YOU NOTICED ANY TRENDS?

DID YOU SPEND LESS WHEN YOU HAD A LIST? WHEN YOU DIDN'T SHOP WITH A LIST, WERE THERE SPLURGE PURCHASES?

WERE YOU SURPRISED BY THE AMOUNT OF TIMES YOU WENT TO THE GROCERY STORE?

WERE YOU SURPRISED BY THE TOTAL AMOUNT SPENT AT THE GROCERY STORE?

Spending Tracker

DATE PURCHASED	STORE & REASON FOR BUYING	WAS IT PLANNED?	AMOUNT SPENT