



# Conclusions

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?

