

Developing Thrifty Money Habits, One Week At A Time

with www.tartanthrifty.org

week beginning
Monday 15th May

Mon	◦ Check bank balance	◦ Store receipts
Tues	◦ Check bank balance	◦ Store receipts
Wed	◦ Check bank balance	◦ Store receipts
Thurs	◦ Check bank balance	◦ Store receipts
Fri	◦ Check bank balance	◦ Store receipts
Sat/ Sun	◦ Check bank balance	◦ Check over receipts to see where the money went

Weekly Habits

Fit each of these in once this week

For more information about how and why visit www.tartanthrifty.org

Cook one Big Production and freeze the Encores

Batch a lunch

Batch a snack

Check what you have in and plan meals around that

Go shopping **after** you plan meals, and take a list

Make soup or salad

Clean car and do other routine car maintenance

Done all that? Buy a little treat!

- Preserve something
- Dig out your receipts and review this month's spending

Annual/Monthly Habits - fit each of these in once this week

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