

# Developing Thrifty Money Habits, One Week At A Time

with [www.tartanthrifty.org](http://www.tartanthrifty.org)

week beginning  
Monday 6th July

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 ◦ Store receipts

## Weekly Habits

Fit each of these in once this week

*For more information about how and why visit [www.tartanthrifty.org](http://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!

- Grow something
- Try a new free or cheap activity

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

check out [www.tartanthrifty.org](http://www.tartanthrifty.org) for more information on how and why