

Developing Thrifty Money Habits, One Week At A Time

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Week 1

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

Thrifty Things To Do Each Week

Cook one Big Production and freeze the Encores

Batch a lunch

Batch a snack

Stock-check food

Plan meals and write a shopping list

Make soup or salad

Clean home and do other routine home maintenance

Done all that?
Give yourself a little treat!

Thrifty Things To Do This Week

- Put cash into marked purses or envelopes for different spending areas
- Make something - start a new creative project