

Weekly Spending Diary With Tips

Outgoings	Monday	Tuesday	Wednesday	Thursday	Hints and tips
Item and Amount (£)					<ul style="list-style-type: none"> • Bulk-buy foods that don't go off, particularly if they are on offer • Use comparison sites to find out which shops have the cheapest products • Don't buy bottled water, take a reusable bottle out with you instead • Book in advance if travelling by train, it is often cheaper • Buy own-brand goods at the supermarket • Get cash back for shopping online • Turn appliances off when not in use • Use cash instead of cards so you can see what you're spending • Take lunch to work rather than buying it whilst you're out • Share travel (car rides) to cut costs • Use discount websites to save on days out
Item and Amount (£)					
Item and Amount (£)					
Item and Amount (£)					
Item and Amount (£)					
Item and Amount (£)					
Item and Amount (£)					
Item and Amount (£)					
Total					

Outgoings	Friday	Saturday	Sunday	Hints and tips
Item and Amount (£)				<ul style="list-style-type: none"> • Walk or ride to work when the weather is good to stay healthy and save money • Don't shop on an empty stomach - you're likely to buy more if you do • Look at saving on groceries by finding out when food is reduced at your local supermarket • Use coupons and discount codes when shopping in-store or online • Look at your subscriptions. Do you need or make use of them? Look at your direct debits and cancel anything unnecessary • Make a meal planner for the week and only buy what you need • Switch off lights in rooms that are not being used. Washing full loads of clothes at a low temperature helps you save money too.
Item and Amount (£)				
Item and Amount (£)				
Item and Amount (£)				
Item and Amount (£)				
Item and Amount (£)				
Item and Amount (£)				
Total				