

BETTER MONEY HABITS HIGH SCHOOL LESSON:

HANDOUT 5.1 – BUDGETING BASICS

MY SPENDING

Use this handout to record the goods and services you purchase on a typical day at school. List the items or category of items and provide an accurate estimate of the amount you spend on each. Do not repeat any expenses even if they fit in more than one category. Add other items not listed in the “Other” category.

Breakfast	\$ _____
Lunch	\$ _____
Dinner	\$ _____
Vending Machines	\$ _____
Snacks	\$ _____
Coffee/Teas	\$ _____
Sodas/Water	\$ _____
Fast Food	\$ _____
Other	
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total	\$ _____

Multiply Total x 5 \$ _____ to show your weekly spending

Does this amount surprise you? Yes or No. Why or why not?