Daily Spending Journal

Note: Get a small notebook that you can easily carry with you. After the fast is over for 30 days I want you to write down all the money you spend. Each day you should also record any bills you pay (mortgage, credit card, car loan). The point is to record every single penny that you spend. Everything gets written down, even that pack of gum or bag of chips. Copy the following columns in your notebook or you can make a photocopy of the following page, especially include the column identifying whether your purchase or payment was a need or a want.

Day/Date	Expense Item	Amount Spent	Was this expense a need or a want?
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