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|----------------------------------|-------|----------------------------------|-------|----------------------------------|-------|---|-------|
| Sunday What | Amt. | Monday What | Amt. | Tuesday What | Amt. | Wednesday What | Amt. |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ |
| Thursday What | Amt. | Friday What | Amt. | Saturday What | Amt. | Try to divide how you spent your money this week: | |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Food out | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Food | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Transportation | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Entertainment | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Clothing | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Snacks | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Other: (list items) | |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total for Bills: | _____ |
| Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Total Spent How am I feeling? | _____ | Do your feelings seem to be connected to your spending? | _____ |

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