Using a Check Register To Track Your Expenses

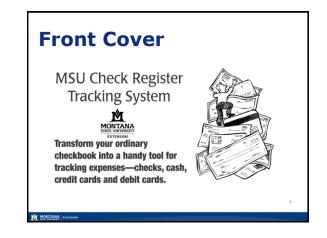


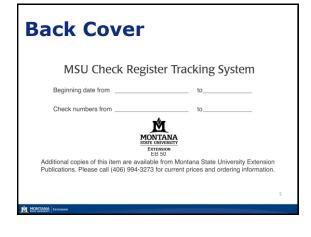
Revised October 2008

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Example of Items

Typical Expense Category Descriptions Clothing/

Housing	Food	Trans.	Pers. Care	Medical	Recr.	Contri.
rent/ mortgage	groceries eating out	gasoline insurance	clothes makeup	doctor dentist	movies trips	gifts cards
electricity trash removal	snacks lunches	oil repairs	cleaning shoes	glasses medicine	hobbies sports	donations
gas telephone water	breaks	license parking	haircuts	insurance	club dues	

Blank Page for Your Expenses

My Expense Category Descriptions

		-
		/

Register System

- Example 1 (top of page 2)
- 7 categories to track:
- Food, Housing, Transportation, Clothes, Personal Care, Medical, Recreation

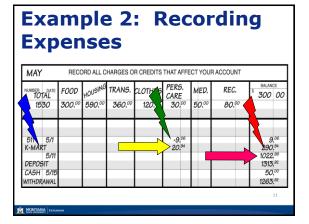
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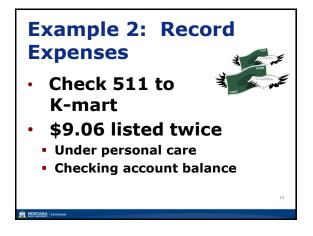


- Planned spending amounts by category
 - Food=\$300
 - Housing=\$590
- Checking account balance
 - \$300



Example 1: RECORD ALL CHARGES OR CREDITS OUNT fore applying adhesive labels Example RECORD ALL CHARGES OR CREDITS THAT AFFECT YOUR ACCOUN MAY HOUSING TRANS. CLOTHES PERS. CARE 30.00 REC. FOOD MED TOTAL 300 00 1530 300.00 590.00 360.00 120.00 50.0 80.00

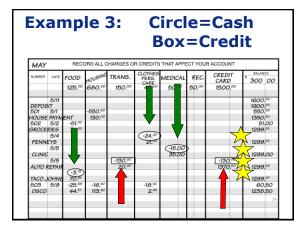




Example 2: Expenses



- \$20.94 left personal care category
- \$290.94 checking account balance



Example 3: Cash/Debit Card

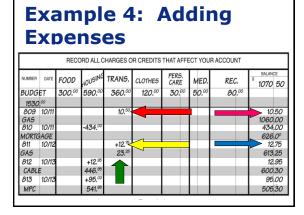
• \$3.75 food

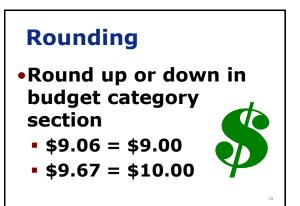


- \$24.00 clothes\$15.00 medical
- \$15.00 medical
- Items are circled

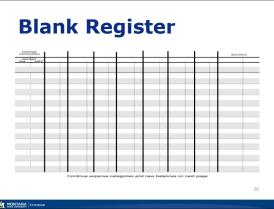
Credit Card Charges

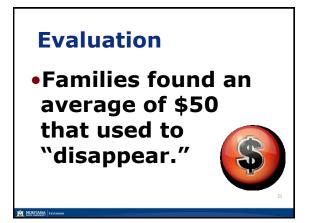
- Credit Card expense 5/5
- Auto Repair \$130
- Listed under Trans. & Credit Card Columns
- Total--credit card column













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