SPENDING LEAKS EXAMPLE AND WORKSHEET

Expense	Per day cost	Weekly Cost	Monthly Cost	Sealing the Spending Leak Goal
Coffee during work	$3.50	$3.50 x 5 = $17.50	$17.50 x 4 = $70.00	Only spend $10 per week ($40 a month for coffee)
Movie Rentals	$5.00	$10.00 (2 movies for the weekend)	$10.00 x 4 = $40.00	Get more movies from the library, only spend $15 a month on movie rentals