

## COMPASS SPENDING PLAN RECORD INCOME & SPENDING

**If you're using a Compass Spending Plan, it's important to record your income and spending the next 30 days to understand what you are actually earning and spending.**

We recommend that you carry something with you to record your transactions. As an alternative, save your receipts and enter them into the 30 Day Tracking form daily. It's designed with one column for income and 12 columns for spending categories. It's also available electronically on the following page.

**Income:** Every time you receive income, record the amount on the 30-Day Tracking form in the Income column under the date you receive it.

**Spending:** Each time you spend record the amount under the appropriate spending category.

**Spending Categories:** The detailed list of spending categories is designed to assist you as you decide where to categorize your purchases.



NAVIGATING YOUR FINANCES

30 Day Tracking

Month: June Year: 2012

DATE	INCOME	GIVING	TAXES	SAVE/INVEST	HOUSING	FOOD
1	2,100	100	350	100	860	
2						
3						30
4						
5						
6						
7						90
8		100			43	
9						
10	25					
11						
12						
13						
14						10
15						
15 Day Subtotal	2,125	200	350	100	903	130
16	2,100	100	350	100		
17						
18						41
19						
20					7	
21						
22						
23		100				
24						
25						
26						
27						
28	25					
29	25					
30		100				
(31)						
Total	4,275	500	700	200	970	266

NAVIGATING YOUR FINANCES

30 Day Tracking

Month: June Year: 2012

DATE	TRANSP.	CLOTHING	MEDICAL / HEALTH	EDUCATION	PERSONAL	ENT / VAC	DEBT
1	23					14	
2					78		
3							
4	12		35				
5					35		
6							
7							
8							
9							
10				190		15	
11		40					120
12					12		
13	25						
14					9		
15				12		11	25
15 Day Subtotal	60	40	35	202	134	40	145
16			25				
17					34		
18							
19		15					
20						16	
21	24				17		20
22							
23	26				6		
24							
25							
26		25			23	20	
27							
28			15				80
29							
30	10			12	87	8	50
(31)							
Total	120	80	65	214	301	84	295

NAVIGATING YOUR FINANCES

30 Day Tracking

Month: \_\_\_\_\_ Year: \_\_\_\_\_

DATE	INCOME	GIVING	TAXES	SAVE/INVEST	HOUSING	FOOD
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
15 Day Subtotal						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
(31)						
Total						

NAVIGATING YOUR FINANCES

30 Day Tracking

Month: \_\_\_\_\_ Year: \_\_\_\_\_

DATE	TRANSP.	CLOTHING	MEDICAL / HEALTH	EDUCATION	PERSONAL	ENT / VAC	DEBT
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
15 Day Subtotal							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
(31)							
Total							