Name_____ Date_____

Handout 1

Consumption Log

Before class: Use this chart to write down EVERYTHING you consume in the next one to two weeks. Whether it is a $75 item of clothing or a $1 candy bar, write it down. Even if someone else pays for the items you consume, write it down. This is the first step of budgeting.

Date	Expense	Amount	Need	Want

During class:

1. Identify each item as a need or a want.
2. Identify three items you consume that could be adjusted or modified if you changed your savings goal or had a change in income.