

# Monthly Cash Diet

Groceries

Category

Clothes

Restaurants

Home Goods

Entertainment

Personal Care

Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Total
	+		+		+	=



**Total**

÷

6

=

**Monthly Average**



**Lowest Month**

÷

4

=

**Weekly Budget**

**Weekly Budget**

× 0.90

**Cash Diet Budget**

Weekly Spending	Budget	Actual
Week 1 Spending		
Week 2 Spending		
Week 3 Spending		
Week 4 Spending		
<b>Total Spending</b>		

**Monthly Average** - **Total Actual** = **Total Monthly Savings**

 -  = 
