

After you track your spending, is there anything that surprised you?

Sometimes we spend the most money on smaller purchases that add up over time. These are areas where we may be able to save money.

Say you buy a drink and snack every day for lunch. It may be harder to figure out how much this expense costs you monthly. There are ways you can calculate your weekly, and monthly expense of buying lunch, by doing some money math.

Examples:

Calculating Weekly Expenses

Cost of drink		2.25
Days in a week	X	7
Total:		\$15.75

Cost of snack		3.00
Days in a week	X	7
Total:		\$21.00

So, the weekly expense of your lunch every day is...

Weekly cost of drink	21.00
Weekly cost of snack +	15.75
Total:	\$36.75

Calculating Monthly Expenses

Cost of snack	36.75
Weeks in month	4
X	
Total:	\$147.00

Wow! Though $\$3.00 + \2.25 does not seem like a large amount of money, $\$147.00$ per month is a significant amount. This is why calculating smaller expenses as their total monthly amount can be helpful, allowing you to see the full picture.

Try it for yourself...

What is one of your daily expenses that adds up over time? Weekly expenses don't have to happen every day, they can sometimes only happen once or twice a week.

Use the charts below to help you calculate your weekly and monthly expenses.

Calculating Weekly Expenses

Daily cost	
Days of the week	X
Weekly cost 1	= \$

Daily cost	
Days of the week	X
Weekly cost 2	= \$

Weekly cost 1	
Weekly cost 2	+
Total weekly costs	= \$

Calculating Monthly Expenses

Total weekly costs	
Weeks in a month	X
Total monthly expense	= \$