

Spending Diet Contract

PART 1 - Commitment

This Spending Diet Starts on _____ (date)
and ends on _____ .

Here are the things that I will eliminate
purchasing during my spending diet:

Online shopping:

Entertainment:

Clothing:

Personal Care:

X _____
(Signature)



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PART 2 - REVIEW (after diet ends)

What did you NOT miss that you thought you would?

What were your triggers to WANT to spend more money and how did you cope?

Where did you mess up and why? If you went on the diet again, how would you self correct?

What do you think is sustainable going forward?

What does this translate to in terms of a savings dollar amount?

