



BUDGET CHECKLIST

Set Your Goals



- Start each budget with a goal. Whether it is a financial goal, lifestyle goal, or health goal, you should set your intention for that period and align your budget with it. Write down your goals. How will your budget be affected by the goals you have set?

Prepare & Plan



- Gather all of your bill due dates and event dates for the month and fill them in on the calendar
- Next add your pay dates
- Create your budget using the Money & Momming Budget Sheet™

Meal Prep



- Meal planning and prepping is a great way to stay within your budget for groceries
- Shop your kitchen to see what meals you can make from the ingredients you already have
- Create a menu from what you have and fill in with new items as needed
- Develop a shopping list from your meal plan, necessities, and finally wants

Execute & Track



- Put your budget to work
- Withdraw cash to fill your Money & Momming™ Cash Envelopes
- Use the trackers on the back of the envelopes to track your spending
- Review your overall spending at the end of the budget cycle

Visit www.moneyandmomming.com/shop for more budget tools.