

## "Getting on Track" Follow-Up Exercise

Begin your one-to-one meeting by checking in about how things are going. Revisit the goal you are working on. Have you made progress toward it? What can you do in the next two weeks to work on this goal? If you decide together to adjust the goal, make a note on the goal setting worksheet. You can also get a new copy of the goal-setting worksheet from the Program Lead if you need one.

Last week's workshop covered an overview of budgeting. As a follow-up to the workshop:

- You and your coach should work on a budget together, based on the expenses that you tracked. If you haven't already done so, use the worksheet on the back of this page to help you put expenses into various budget categories.
- Discuss additional ways to increase income and/or decrease expenses to make the budget work.
- Discuss how changes in expenses (such as holidays, birthdays, or emergencies) might require a change to the budget.

## TRACKING YOUR EXPENSES

After you've kept track of your expenses for a week or two, please add up what you've spent and fill in the worksheet below. Include any additional categories that apply to you.

EXPENSE	WEEK ONE	WEEK TWO	TOTAL
Food (eating at home)			
Food (eating out)			
Rent			
Gas/electric/water			
Phone			
Clothes			
Transportation (incl. gas)			
Child care			
Entertainment			
Toys			
Personal care for you			
Personal care for your kids			
Household products			
Payments on debt			
TOTAL			