Savings log

No boxes to miss
Write it the day you put it in

This goal is called _____ Started on _____ I want in total _____

> Nothing on this sheet has to be filled in, and there is no rule about how often. Leave it two months, come back, and write the next line. What you have already written does not go anywhere.

	Date	What it was for	Amount	Running total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				

Total on this sheet _____ dollars

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Why there are no boxes — research finds that the box still empty is what makes people stop.

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