


Savings Journal



A 30-Day Guided Journal



Tracker

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Write your savings goal at the top of each day (e.g. vacation fund, emergency buffer)
 - Record exactly how much you set aside today — even small amounts count
 - Update the running total to see your cumulative progress
 - Rate your savings streak from 1 (just starting) to 10 (unbroken consistency)
 - Check the budget box if you stayed within your spending plan for the day



Scan for a detailed guide on how to use this journal

Savings Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Savings goal	_____	_____	_____	_____	_____	_____	_____
Amount saved today	_____	_____	_____	_____	_____	_____	_____
Total saved	_____	_____	_____	_____	_____	_____	_____
Savings streak	_____	_____	_____	_____	_____	_____	_____
Stayed on budget	<input type="checkbox"/>						

Notes

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