

	<b>RUNNING TOTAL</b>	<b>MONTHLY TOTAL</b>
<b>WHAT CAME IN:</b>		
EARNINGS		
FROM PARENTS		
STUDENT LOAN		
GIFTS/BIRTHDAYS		
INTEREST		
<b>TOTAL COMING IN:</b>		
<b>WHAT YOU SPENT:</b>		
GIVING		
SAVING		
RENT/MORTGAGE		
UTILITY BILLS		
MOBILE PHONE		
TRAVEL		
FOOD		
EATING OUT		
SOCIALISING		
CDS/DVDS		
CLOTHES		
PRESENTS		
HOLIDAYS		
BOOKS AND MAGAZINES		
OTHER		
<b>TOTAL SPENT:</b>		
<b>MONEY LEFT OVER</b>		
<b>(COMING IN - SPENT)</b>		

TEARFUND, 100 CHURCH ROAD, TEDDINGTON, MIDDLESEX, TW11 8QE  
**WWW.TEARFUND.ORG/LIFTTHELABEL**  
 REGISTERED CHARITY NO. 265464 17458-(0706)



ANSWER THESE 9 QUESTIONS, PUTTING YOUR ANSWERS IN THE CORRESPONDING BOX. ONCE YOU'VE DONE THAT ADD UP THE TOTALS FOR EACH OF THE 3 COLUMNS.

1. HOW MUCH WOULD YOU SPEND ON A NEW PAIR OF TRAINERS/SHOES?
2. HOW MUCH DID YOU SPEND ON YOUR FAMILY LAST CHRISTMAS?
3. HOW MUCH DO YOU GIVE TO CHARITY EACH MONTH?
4. HOW MUCH DID YOU SPEND ON YOUR LAST HAIR CUT?
5. HOW MUCH DID YOU SPEND ON YOUR BEST MATE'S LAST BIRTHDAY PRESENT?
6. IF YOU FOUND £100, HOW MUCH WOULD YOU (HONESTLY!) CONSIDER GIVING TO THE POOR?
7. HOW MUCH HAVE YOU SPENT ON FAST FOOD IN THE LAST WEEK?
8. HOW MUCH WOULD YOU SPEND ON A DATE?
9. HOW MUCH DID YOU GIVE TO THE LAST CHARITY APPEAL YOU SUPPORTED?

1	2	3
4	5	6
7	8	9

THE LEFT COLUMN REPRESENTS MONEY SPENT ON YOU,  
 THE MIDDLE ON OTHERS AND THE RIGHT ON THE POOR.