

LOVE & MONEY / YOUR FINANCIAL JOURNAL

CASH FLOW CALENDAR

1. Use the cash flow calendar below to track all income and outflows according to the day of the month.

DAY 1/ \$ Inflows
\$ Outflows

2/ \$ Inflows
\$ Outflows

3/ \$ Inflows
\$ Outflows

4/ \$ Inflows
\$ Outflows

5/ \$ Inflows
\$ Outflows

6/ \$ Inflows
\$ Outflows

7/ \$ Inflows
\$ Outflows

8/ \$ Inflows
\$ Outflows

9/ \$ Inflows
\$ Outflows

10/ \$ Inflows
\$ Outflows

11/ \$ Inflows
\$ Outflows

12/ \$ Inflows
\$ Outflows

13/ \$ Inflows
\$ Outflows

14/ \$ Inflows
\$ Outflows

15/ \$ Inflows
\$ Outflows

16/ \$ Inflows
\$ Outflows

17/ \$ Inflows
\$ Outflows

18/ \$ Inflows
\$ Outflows

19/ \$ Inflows
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20/ \$ Inflows
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21/ \$ Inflows
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22/ \$ Inflows
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23/ \$ Inflows
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24/ \$ Inflows
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25/ \$ Inflows
\$ Outflows

26/ \$ Inflows
\$ Outflows

27/ \$ Inflows
\$ Outflows

28/ \$ Inflows
\$ Outflows

29/ \$ Inflows
\$ Outflows

30/ \$ Inflows
\$ Outflows

INFLOWS \$ _____ Minus (-) OUTFLOWS \$ _____ Equals (=)

\$
CASH FLOW TOTAL

2. Create “money rules” for each of these topics:

Budgets—how often will you review and update?

Credit/Debt—how will you decide when and how to use credit and/or debt?

Sharing with others/Gifts—will you make loans or gifts to others? If so, what is the limit?