

15-MINUTE WEEKLY MONEY CHECK-IN

Notice what changed, look at the next seven days, leave with one useful next step.

MIN 1-3

Bring the numbers together

Update only what this review needs. Label anything pending instead of guessing.

ACCOUNT	BALANCE	PENDING / TO CHECK

MIN 4-8

What changed this week?

Be specific: "the annual software renewal appeared" beats "I spent too much."

ONE CATEGORY TO WATCH

MIN 9-12

The next seven days

Bills, planned purchases, the next payday, and calendar events that will cost money.

DAY	BILL, PLAN OR EVENT	AMOUNT

MIN 13-15

Choose one action

my one next step:

Write something you can finish, e.g. "Check the renewal date on Tuesday."

☐ Done