Money-saved tracker

Seeing the money pile up is one of the most motivating parts of the early weeks. Work out what a typical week of drinking cost you, then colour in a jar segment every time you reach the next amount.

A typical week used to cost me

£ / $ _____ per week

That is about

£ / $ _____ per day

Tip: the free calculator at www.thebookofsober.com/calculators does the maths for you.

WHAT I WILL SPEND IT ON

GOAL	COST	SAVED BY (DATE)	DONE

WEEKLY SAVINGS LOG

WEEK	DATE	SAVED THIS WEEK	RUNNING TOTAL	TREAT / NOTE