



10-Minute Weekly Money Check-In

Five steps. One number. Three money moves.

WEEK OF _____



Set a 10-minute timer. Stop when it rings.

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ min

1 Check balances ☐

Account	Balance

2 Bills due in the next 7 days ☐

Bill	Amount	Paid
		☐
		☐
		☐
		☐

3 Find your one number ☐ balance – bills due – what you set aside

Okay to spend this week

Groceries, gas, fun, all of it. Just this number.

\$ _____

4 This week's 3 money moves ☐ small and specific, e.g. 'pay phone bill'

MOVE 1

MOVE _____

FIRST TINY STEP _____

DONE ☐

MOVE 2

MOVE _____

FIRST TINY STEP _____

DONE ☐

MOVE 3

MOVE _____

FIRST TINY STEP _____

DONE ☐

5 Free reward after the check-in: ☐

Missed last week? Just do this one. No catching up needed.

A planning tool, not financial advice.

[illegible]

 Three Things Planners · Money · Free sample

Get all 30 pages + 26 Paychecks file + 16 wallet cards: <https://phien0618.github.io/products/adhd-budget-weekly-check-in/>



48-Hour Pause List

Wait 48 hours. Then decide.

Item	Price	Seen on	After 48 hours: still want?	Bought?
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
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			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐
			☐ Y ☐ N	☐

Still want it after 48 hours? It is a real choice now. Buy it or let it go, both are fine.