



Age Category: Post-Secondary

## Topic 2: Cash Flow Part 2 - Tracking Your Spending

Keeping tabs on whether your spending and budget are in alignment is critical. Encourage your child to keep track of everything they spend and compare it to what they have budgeted. Come back to this task 3 or 4 months from now and offer a check in and conversation.

### Resources:

- ▶ Globe and Mail Article 'If Budget Bums You Out, Try Renaming it': [Web Version](#)  
or [PDF](#)
- ▶ MacLean's Article 'Best Budgeting Apps for University Students': [Web Version](#)  
or [PDF](#)