



My payday calibration card



One line per payday. Write what you moved INTO savings, not what you were paid.
Circle how each one felt. Let the count pick your next number.



CIRCLE HOW YOU ARE PAID

Weekly / Every two weeks / Twice a month / Monthly / Whenever the work pays



MY AMOUNT, PER PAYDAY: \$ _____ or _____ %

Skipped a payday? Still write the line. Put \$0 in, circle S. A blank line is the one you needed.

NO.	PAYDAY	MOVED TO SAVINGS	HOW IT FELT	SAVINGS SO FAR
01			E T S	
02			E T S	
03			E T S	
04			E T S	
05			E T S	
06			E T S	FIRST COUNT
07			E T S	
08			E T S	
09			E T S	
10			E T S	
11			E T S	
12			E T S	



COUNT AT LINE 6, ADJUST,
THEN COUNT AGAIN AT LINE 12

E: _____ T: _____ S: _____

E

Mostly E and no S:
your amount is too small.
Raise it by \$5 and go again.

T

A couple of T and no S:
this is your number.
Do not touch it.

S

Any S at all: drop to the largest amount you
cleared without an S.

Paid monthly: line 6 is your real check-in.
Do not wait a year to adjust.

