The Deposit Log

Thirteen deposits. Any pay cycle. Write the dates in yourself.

1 PICK YOUR NUMBER

- ☐ $77 a week
- ☐ $167 a payday (every 2 weeks)
- ☐ $167 twice a month
- ☐ $334 a month
- ☐ Other: ______________________

2 MAKE IT ANNOYING TO REACH

This money lives in an account called ______________________

- ☐ A different bank from my card
- ☐ No card linked
- ☐ Not saved in my phone's autofill
- ☐ Transfer set for payday

Name it after the thing you are saving for, not "savings."
You will raid savings without blinking.

#	DATE	IN	WHERE FROM	OUT	RUNNING TOTAL
01			C S E		
02			C S E		
03			C S E		
04			C S E		
05			C S E		
06			C S E		
07			C S E		
08			C S E		
09			C S E		
10			C S E		
11			C S E		
12			C S E		
13			C S E		
FINISHED				TOTAL SAVED	

Where from: **C** cut something **S** sold something **E** earned extra

After twelve weeks, count the letters. One lever is carrying you.

The rule about the Out column. Most trackers only have an In column, which is why plans die quietly and you cannot point at when. If you take money back out, write it down. You are allowed to. The writing it down is the friction, and the friction is the whole method.

THE TARGET

$1,000