

# Shopping Habits Questionnaire

Your Day 5 challenge is to create a grocery budgeting system to follow each week. This system should be easy to follow, tailored to you, sustainable for the long run, and most importantly, effective.

What grocery store(s) do I shop at most often?

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What day(s) of the week do I grocery shop most often?

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Does this store sell the types of foods I want to buy and can afford?

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Does this day of the week align with my current family schedule?

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What are you currently doing to save money on groceries?

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How long does it take you to do this?

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How much money is this saving you?

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Considering the time it takes and the money you're saving, how much is your "hourly wage?"

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Is this hourly wage worth your efforts? Or should your efforts go towards something that takes less time and yields a greater return?

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