

Have Fun With This Experiment!

As an experiment try searching through the paper (Sundays & Wednesdays are best) and online (many sites suggested in Tips & Ideas section of BuckyBook.com) for grocery coupons.

Then contact the grocer you normally shop at and find out when their "Double Coupon Day" is. If at all possible shop during that day and you will receive twice the savings posted on each coupon.

Print out some of the forms below and "do the math." Although all these steps may take a little time we think you'll be surprised how much you can save with just a little time and effort!

If you think it's worth it, then you decide if it's a habit you want to build on.



GROCERY SHOPPING WORKSHEET

WEEK OF: _____

PRODUCT AND BRAND	PRODUCT COST	COUPON FACE VALUE	DOUBLE COUPON? (multiply by 2)	FINAL COST
1. _____	\$ _____	\$ _____	\$ _____	\$ _____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____
6. _____	_____	_____	_____	_____
7. _____	_____	_____	_____	_____
8. _____	_____	_____	_____	_____
9. _____	_____	_____	_____	_____
10. _____	\$ _____	\$ _____	\$ _____	\$ _____
ORIGINAL GROCERY BILL TOTAL:	TOTAL: \$ _____	GROCERY BILL WITH COUPON SAVINGS		\$ _____
AMOUNT SAVED:	\$ _____	PERCENT SAVED		_____ %