FREE · SUBSCRIPTIONS

Subscription Audit Worksheet

DATE _____

Every charge that repeats, on one page. Write each one down with its amount and billing cycle, turn it into a monthly cost (yearly ÷ 12, weekly × 4.33, quarterly ÷ 3), add the column up, then tick Keep, Cut, or Pause.

SUBSCRIPTION · WHAT REPEATS	AMOUNT	CYCLE	PER MONTH	KEEP	CUT	PAUSE
01				☐	☐	☐
02				☐	☐	☐
03				☐	☐	☐
04				☐	☐	☐
05				☐	☐	☐
06				☐	☐	☐
07				☐	☐	☐
08				☐	☐	☐
09				☐	☐	☐
10				☐	☐	☐
11				☐	☐	☐
12				☐	☐	☐
13				☐	☐	☐
14				☐	☐	☐
15				☐	☐	☐
16				☐	☐	☐
17				☐	☐	☐
18				☐	☐	☐
19				☐	☐	☐
20				☐	☐	☐
21				☐	☐	☐
22				☐	☐	☐
23				☐	☐	☐
24				☐	☐	☐
25				☐	☐	☐
TOTAL PER MONTH · ADD UP THE PER MONTH COLUMN						

Cycle: M monthly · Y yearly · W weekly · Q quarterly. Per month: M as it is, Y ÷ 12, W × 4.33, Q ÷ 3.

THREE TO QUESTION · DECIDE ON THESE THIS WEEK

1. _____ $ _____ a month
2. _____ $ _____ a month
3. _____ $ _____ a month

YOUR YEARLY NUMBER

Total per month × 12 A YEAR	$ _____
Cut + paused PER MONTH, ADDED UP	$ _____
That amount × 12 SAVED A YEAR	$ _____

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How to use it

One sheet, three steps, and a decision on every row. Do it once, then again in six months.

1 Print it and go through your statements

Print at 100% or "Actual size" on US Letter or A4. Open the last two or three months of bank and card statements and write down every charge that repeats: streaming, apps, memberships, storage, deliveries, insurance, phone and internet. Twenty-five rows is usually enough; print a second sheet if not.

2 Turn every charge into a monthly cost

Write the amount and how often it bills (M, Y, W or Q), then the monthly cost in the next column: monthly as it is, yearly ÷ 12, weekly × 4.33, quarterly ÷ 3. Add the column up for your monthly total, and × 12 for the year.

3 Keep, cut, or pause

Tick one box per row. Keep what you use every week. Cut what you had forgotten, or would not sign up for again today. Pause what you want back later. Pick the three you are least sure of and write them in the box: those are the ones to decide on this week.

WHEN PAPER IS NOT ENOUGH

This page is the paper version of the Subscription Tracker spreadsheet

- ☐ Up to 40 subscriptions with seven billing cycles, each spread into a monthly and a yearly cost
- ☐ Next charge rolls forward on its own, with a flag when one is due soon
- ☐ A twelve-month forecast of what lands in each month
- ☐ Statuses Active, Trial, Paused and Cancelled, and a tile that adds up what you no longer pay
- ☐ A charge log, a by-category table and three charts
- ☐ A blank file and a filled-in example

It does the math for every charge you type in.

NOTES · WHAT TO CANCEL, AND WHEN THE NEXT CHARGE LANDS

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