

Health Budget Reallocation Worksheet

Track your current spending on unhealthy items and explore how to redirect that toward supplements.

Category	Weekly Spending (\$)	Monthly Spending (\$)	Notes
Soda / Sugary Drinks			
Chips / Snack Foods			
Candy / Sweets			
Fast Food / Drive-Thru			
Frozen Convenience Meals			
Bakery Items (Donuts, Pastries, etc.)			
Other Processed Foods			
Smoking / Vaping / Alcohol			
Current Supplement Spending			
Potential Monthly Savings			

Tip: Most families can reallocate \$100-\$300/month just by cutting back on low-nutrient foods.