

Find Your Frequency

For each area, select which option makes the most sense for you: weekly (W), biweekly (B), or monthly (M). If more than one option works, check all that apply. Then total the checks in each column to see which one is the highest! This may be a good indicator of which frequency will work for your lifestyle.

Schedule

What is your predictability factor?

Shorter timeframes work for more unpredictable schedules. Also consider how close you are to your favorite stores or if a special trip is needed.

W

B

M

Storage

How much room do you have?

Consider how much food can reasonably be stored in your fridge, freezer, and pantry. Would 1, 2, or 4 weeks of food fit?

Paychecks

When do you have the cash on hand?

If money is tight, purchasing groceries week-to-week may be best. If you are paid monthly, it may be feasible to purchase everything at once.

Bargains

Do you live for a good sale?

If so, you might plan more frequently and/or go shopping on specific days to make the most of sales or coupons.

Personality

What is going to work for you?

Be true to yourself! If you're a planner, feel more prepared by planning further out. If you're spontaneous, keep it short and stay flexible!

TOTAL EACH COLUMN