HCP Hidden Subscriptions Audit Worksheet

Subscription	Category	Monthly Cost	Yearly Cost	Renewal Date	Last Used	*K/C/D	Cancel Date	Confirmed

Total I'm cutting, monthly: $____ yearly: $_____

Where it's going instead: _____

*K = Keep / C = Cancel / D = Downgrade

Where to look

- The last 3 months of bank/credit card statements
- Subscription lists in the Apple App Store and Google Play Store
- PayPal and other payment apps
- Email searches for the following terms: "receipt," "renewal," "your trial," "subscription"
- Annual charges such as Amazon Prime, Microsoft 365, warehouse club memberships, etc.

Next Steps

- Run the Pantry Staples Calculator for your household and compare its estimated cost with your yearly savings.
- Repeat this audit every 6 months. Subscriptions creep back.

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