

SWEET Subscriptions

How Little Costs Add Up!

Step 1: Getting something you'll love!

What's a realistic thing (not too big!) that you could buy or do if you saved a little each week?

\$20-\$60



New video game or in-game currency

\$25-\$75



Cool clothes, shoes, or accessories

\$15-\$40



Art or craft supplies

\$50-\$100



Dinner out with family

\$20-\$60



Fun experience with friends

\$150-\$250



New bike

Step 2: Even small splurges can break your heart (and your budget)!

Each candy heart shows something fun people might spend money on – from streaming to snacks!

Circle everything you (or your family) would want to have every month.

Candy Heart	What It Represents	Monthly Cost	Annual Cost
	Game On	Online gaming pass (Xbox Game Pass, Nintendo Online)	\$17
	Stream Queen	Streaming service (Netflix, Disney+, Hulu)	\$15
	Go Team!	Sports streaming (FuboTV, NFL+)	\$75
	Jam Time	Music app (Spotify, Apple Music)	\$11
	Daily Love	Starbucks or boba drink twice a week	\$24
	Snack Attack	Vending machine or gas station snack 1x week	\$8
	V-Bucks 4Ever	In-game purchases (Fortnite, Roblox, Minecraft coins)	\$10
	Dollar Bin	That extra little toy every time you go to Target	\$5
	Movie Magic	Movie night rental or theater ticket	\$8
	Fan Club	Sports or merch subscription box	\$20
	Selfie Streak	Social-app upgrade (Snap+, BeReal bonus, VSCO Pro)	\$5
	Podcast Pro	Premium podcast or audiobook app	\$9
	Fast Food/ Takeout	Grabbing a meal or hanging out with friends	\$10
	Grocery Store Candy	Candy bar when you go to the store with your parents	\$2
			\$24

Monthly total for the items you picked:

Yearly total for the items you picked:

Step 3: Make some smart swaps

Now, go back to your “something you’ll love” from step one – like a trip, a bike, or your first savings goal.

Which candy hearts could you “break up with” for now in order to get it?

Cross out the ones you could skip and calculate how much you'd save.

This is how much you would save if you gave those up for a month and if you gave them up for a year.

My New Monthly Total:

My New Yearly Total:

Total Saved:

Discussion Ideas

Reflection Time



1. What surprised you the most about your spending habits?
2. Why do small costs add up so quickly?
3. What free or low-cost options could you replace some of your sneaky monthly costs with?
4. How long would it take you to save up for what you picked in the first step?