

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
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 Game On	Online gaming pass (Xbox Game Pass, Nintendo Online)	\$17	\$204
 Stream Queen	Streaming service (Netflix, Disney+, Hulu)	\$15	\$180
 Go Team!	Sports streaming (FuboTV, NFL+)	\$75	\$900
 Jam Time	Music app (Spotify, Apple Music)	\$11	\$132
 Daily Love	Starbucks or boba drink twice a week	\$24	\$288
 Snack Attack	Vending-machine or gas-station snack 1x week	\$8	\$96
 V-Bucks 4Ever	In-game purchases (Fortnite, Roblox, Minecraft coins)	\$10	\$120
 Dollar Bin	That extra little toy every time you go to Target	\$5	\$60
 Movie Magic	Movie night rental or theater ticket	\$8	\$96
 Fan Club	Sports or merch subscription box	\$20	\$240
 Selfie Streak	Social-app upgrade (Snap+, BeReal bonus, VSCO Pro)	\$5	\$60
 Podcast Pro	Premium podcast or audiobook app	\$9	\$108
 Fast Food/ Takeout	Grabbing a meal hanging out with friends	\$10	\$120
 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.

Item You Gave Up	Monthly Savings	Annual Savings
Game On	\$17	\$204
Stream Queen	_____	_____
Go Team!	_____	_____
Jam Time	_____	_____
Daily Love	_____	_____
Snack Attack	_____	_____
V-Bucks 4Ever	_____	_____
Dollar Bin	_____	_____
Movie Magic	_____	_____
Fan Club	_____	_____
Selfie Streak	_____	_____
Podcast Pro	_____	_____
Fast Food/ Takeout	_____	_____
Grocery Store Candy	_____	_____

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