

Subscription Audit Checklist

A simple guide to help you identify, evaluate, and clean up recurring expenses.

Step 1: Gather Your Statements

Collect the past **90 days** of:

- Checking account statements
- Credit card statements
- App Store / Google Play purchase history
- PayPal, Venmo, or other digital wallet activity

Step 2: List Every Subscription

Use this list to identify anything billed monthly, quarterly, or annually.

Common Subscription Categories

Entertainment & Media

- Streaming TV (Netflix, Hulu, YouTube TV, etc.)
- Music apps (Spotify, Apple Music, etc.)
- Audiobook/reading services

Technology & Apps

- Cloud storage (iCloud, Google One, Dropbox)
- Productivity apps
- Security/antivirus software

Lifestyle & Wellness

- Gym memberships
- Fitness apps
- Wellness subscriptions (meditation apps, therapy platforms)

Shopping & Convenience

- Subscription boxes (beauty, snacks, vitamins, etc.)
- Meal kits/grocery delivery memberships

Financial Tools

- Credit monitoring
- Tax or budgeting software

Home Services

- Internet/cable add-ons
- Home security or smart-home services

Add your own:

- _____
- _____
- _____

Step 3: Evaluate Each Subscription

For every subscription, answer:

- Do I *use* this regularly?
- Does it provide value equal to or greater than the cost?
- Is there a cheaper or free alternative?
- Am I paying twice for similar services?
- Is this subscription still relevant to my life or goals?

Step 4: Take Action

- Cancel subscriptions you no longer use
- Downgrade to a lower-cost plan if available
- Switch to annual billing (if you use it consistently)
- Share select family plans to reduce cost
- Set reminders for annual renewals

Step 5: Organize What You Keep

Use a simple log to track your active subscriptions:

Subscription	Cost	Billing Cycle	Next Charge	Notes
		Monthly/Annual	MM/DD/YYYY	