# The Subscription Audit

Find what you're still paying for. Keep what you use. Cancel the rest.

1. Pull up your last 2-3 months of bank and card statements.
2. Write down every charge that repeats. Use the list below as a memory jog.
3. For each one, pick Keep, Cancel or Downgrade. Then do the cancels today.

| Subscription | Paid at signup | Pay now | Renews | Used it? | Keep | Cancel | Downgrade |
|---|---|---|---|---|---|---|---|
| Netflix / Hulu / Max | | | | | ☐ | ☐ | ☐ |
| Disney+ / Peacock / Paramount+ | | | | | ☐ | ☐ | ☐ |
| Spotify / Apple Music | | | | | ☐ | ☐ | ☐ |
| YouTube Premium | | | | | ☐ | ☐ | ☐ |
| Amazon Prime | | | | | ☐ | ☐ | ☐ |
| iCloud / Google One / Dropbox | | | | | ☐ | ☐ | ☐ |
| Microsoft 365 / Adobe | | | | | ☐ | ☐ | ☐ |
| Gym or fitness app | | | | | ☐ | ☐ | ☐ |
| Meal kit or delivery pass | | | | | ☐ | ☐ | ☐ |
| News or magazine | | | | | ☐ | ☐ | ☐ |
| Phone app subscriptions | | | | | ☐ | ☐ | ☐ |
| Software trial that turned paid | | | | | ☐ | ☐ | ☐ |
| | | | | | ☐ | ☐ | ☐ |
| | | | | | ☐ | ☐ | ☐ |
| | | | | | ☐ | ☐ | ☐ |
| | | | | | ☐ | ☐ | ☐ |

## Your totals

Monthly total now

Monthly total after cancels

You save per year (x12)

## Where to look

Bank and card statements: search for "recurring", "subscription" or amounts that repeat.

iPhone: Settings > your name > Subscriptions.  Android: Play Store > profile > Payments & subscriptions.

PayPal: Settings > Payments > Manage automatic payments.

Your email: search "receipt", "renewal" and "your subscription".