1. **Budgeting**
   - **Track Spending**: Math helps you see how much you spend. If you buy groceries for $50 and eat out for $30, you spent $80 in total.
   - **Save for Goals**: Want to save for something big? If you need $600 in six months, math tells you to save $100 a month.
2. **Cooking**
   - **Adjust Recipes**: Cooking for more people? If a recipe for 2 uses 1 cup of flour, math helps you know you need 3 cups for 6 people.
   - **Convert Measurements**: Using a recipe with unfamiliar units? Math helps you convert ounces to grams or Fahrenheit to Celsius.
3. **Shopping**
   - **Calculate Discounts**: See a 25% off sale on an $80 jacket? Math shows you save $20, so you pay $60.
   - **Compare Prices**: Want the best deal? If one store sells something for $5 and another for $4.50, math tells you the second store is cheaper.
4. **Time Management**
   - **Plan Your Day**: Need to fit everything in? If you have a meeting from 2 PM to 3 PM and want to exercise for 30 minutes after, math helps you plan the rest of your day.
   - **Track Time**: Cooking a meal? If it needs 45 minutes to bake and you start at 5 PM, math helps you know it'll be done by 5:45 PM.
5. **Travel**
   - **Estimate Travel Time**: Going on a trip? If you're driving 180 miles at 60 miles per hour, math shows it'll take about 3 hours.
   - **Calculate Fuel Costs**: Planning a drive? If your car gets 25 miles per gallon and you're driving 180 miles, math tells you'll need about 7.2 gallons of gas, costing around $28.80 if gas is $4 per gallon.
6. **Fitness**
   - **Track Progress**: Using a fitness tracker? Math helps you see how many steps you've taken, calories burned, or miles run.
   - **Measure Improvements**: Want to know if you're getting fitter? If you started running for 30 minutes and now run for 45, math shows you're improving.
7. **Home Improvement**
   - **Measure Areas**: Painting a room? If your wall is 10 feet by 8 feet, math helps you figure out you need to paint 80 square feet.
   - **Estimate Costs**: Budgeting for a project? If paint costs $20 per gallon and you need 5 gallons, plus $50 for brushes, math adds it up to $150.
8. **Banking**
   - **Understand Interest**: Curious about your savings? Math helps you see how much interest you'll earn or owe.
   - **Manage Bills**: Keeping track of bills? If you earn $2,000 a month and your bills are $1,500, math helps you manage the $500 left over.
9. **Entertainment**

- ○ **Score Games**: Adding up scores? Math helps you keep track of who's winning in games or sports.
- ○ **Analyze Stats**: Watching sports? Math helps you understand stats, like a baseball player's batting average. If they hit 60 times in 200 tries, their average is .300.

10. **Technology**
- ○ **Use Apps**: Many apps use math to help you. Budgeting apps track spending, while fitness apps calculate calories burned.
- ○ **Shop Online**: Online shopping? Math helps you figure out totals and discounts. If you have a $100 purchase and a 10% off coupon, you'll pay $90.