No-Spend Challenge

Thirty days of buying only what you need.

30
DAYS

I am doing this because _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

OK to spend on

- ☐ Rent or mortgage & bills
- ☐ Groceries
- ☐ Gas & transit
- ☐ Medicine & health

My own rules

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What tempted me

_____

_____

_____

_____

_____

Money saved

_____

_____