



NO Spend Challenge



SPEND LESS, SAVE MORE, REACH YOUR GOALS!



♥ PrintableOne.com ♥

THE RULES

- ✓ No spending on non-essentials
- ✓ Focus on needs, not wants
- ✓ Track your progress daily
- ✓ Stay consistent & reach your goal!

MY GOAL: _____

START DATE: _____

END DATE: _____

MY REWARD: _____



30 DAY NO SPEND TRACKER

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

HOW I FELT ♥

- ☐ Great
- ☐ Good
- ☐ Challenging
- ☐ Tough
- ☐ Amazing



WHAT I SAVED ♥

\$

♥ PrintableOne.com ♥

♥ Small Changes Today, Big Results Tomorrow! ♥