

30-DAY NO-SPEND CHALLENGE TRACKER

One box per day. Color it in
when you spend \$0



Month: _____

Goal for the
money:

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					

Color in every day you spend \$0 on non-essentials

**DON'T AIM FOR PERFECT. AIM FOR MORE COLORED BOXES THAN
BLANK ONES.**