alpacto

# No Spend Challenge

Thirty days of buying only what's on your Allowed list. Write down what you skipped and watch it add up.

Who's in _____ Start date _____ End date _____ Savings goal _____

## Allowed

## Not allowed

## Our 30 days

Check the day if nothing outside the Allowed list was bought. If something was, leave the day blank and keep going.

| | | | | | |
|---|---|---|---|---|---|
| 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 ☐ |

## What we skipped

| Date | What we wanted to buy | Amount saved |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

No-spend days (out of 30)

Total saved from the list

The savings go to

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