



# 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

|  |
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|  |
|  |
|  |
|  |

## 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  | <input type="checkbox"/> | 2  | <input type="checkbox"/> | 3  | <input type="checkbox"/> | 4  | <input type="checkbox"/> | 5  | <input type="checkbox"/> | 6  | <input type="checkbox"/> |
| 7  | <input type="checkbox"/> | 8  | <input type="checkbox"/> | 9  | <input type="checkbox"/> | 10 | <input type="checkbox"/> | 11 | <input type="checkbox"/> | 12 | <input type="checkbox"/> |
| 13 | <input type="checkbox"/> | 14 | <input type="checkbox"/> | 15 | <input type="checkbox"/> | 16 | <input type="checkbox"/> | 17 | <input type="checkbox"/> | 18 | <input type="checkbox"/> |
| 19 | <input type="checkbox"/> | 20 | <input type="checkbox"/> | 21 | <input type="checkbox"/> | 22 | <input type="checkbox"/> | 23 | <input type="checkbox"/> | 24 | <input type="checkbox"/> |
| 25 | <input type="checkbox"/> | 26 | <input type="checkbox"/> | 27 | <input type="checkbox"/> | 28 | <input type="checkbox"/> | 29 | <input type="checkbox"/> | 30 | <input type="checkbox"/> |

## 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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