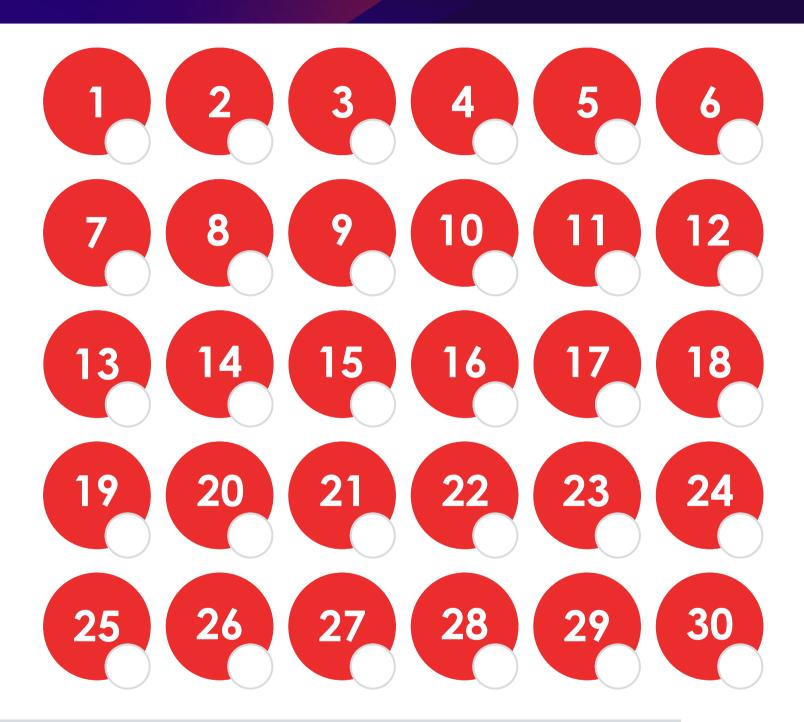
## **NO SPEND CHALLENGE TRACKER**

Use the No Spend Challenge Tracker to mark each day you successfully avoid spending money on non-essentials. Celebrate your progress as you stay on track!



## CHALLENGE GOALS

Write down your goals for the challenge to help you stay on track