

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!

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

CHALLENGE GOALS

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