

No-Spend Challenge Tracker

Pick your rules, then tick off every day you stick to them. See how far a no-spend month can stretch your money.

MY RULES

Allowed essentials: _____

Challenge length: _____

Saving it for: _____

DAILY TRACKER — TICK EACH NO-SPEND DAY

- | | |
|---------------------------------|---------------------------------|
| ☐ Day 1 | ☐ Day 16 |
| ☐ Day 2 | ☐ Day 17 |
| ☐ Day 3 | ☐ Day 18 |
| ☐ Day 4 | ☐ Day 19 |
| ☐ Day 5 | ☐ Day 20 |
| ☐ Day 6 | ☐ Day 21 |
| ☐ Day 7 | ☐ Day 22 |
| ☐ Day 8 | ☐ Day 23 |
| ☐ Day 9 | ☐ Day 24 |
| ☐ Day 10 | ☐ Day 25 |
| ☐ Day 11 | ☐ Day 26 |
| ☐ Day 12 | ☐ Day 27 |
| ☐ Day 13 | ☐ Day 28 |
| ☐ Day 14 | ☐ Day 29 |
| ☐ Day 15 | ☐ Day 30 |