

NO SPEND CHALLENGE

Printable Worksheet

NO SPEND *challenge*

START DATE:
GOAL:

END DATE:
DAYS COMPLETED:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	23	25	26	27	28
29	30	31				

REASON:

- ☐
- ☐
- ☐
- ☐
- ☐

RULES:

- ☐
- ☐
- ☐
- ☐
- ☐

EXCEPTIONS:

- ☐
- ☐
- ☐
- ☐
- ☐

NO SPEND *challenge*

START DATE: Oct 1, 2022
GOAL: 14 green days

END DATE: Oct 31, 2022
DAYS COMPLETED:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	23	25	26	27	28
29	30	31				

REASON:

- ☐ Better budgeting
- ☐ Saving money for Xmas
- ☐
- ☐
- ☐

RULES:

- ☐
- ☐
- ☐
- ☐
- ☐

EXCEPTIONS:

- ☐ Rent and bills
- ☐ Gifts
- ☐
- ☐
- ☐