30-Day No-Spend Challenge

Mark each day, name your triggers, and watch your savings grow.

START DATE _____ USUAL DAILY SPEND $ _____

MY GOAL _____

Day	Date	No spend? Yes / No	Temptation / trigger	$ if slipped	What I did instead
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
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22					
23					
24					
25					
26					
27					
28					
29					
30					

DAYS COMPLETED _____ SLIP DAYS _____ ESTIMATED SAVED $ _____

MY REWARD WHEN I FINISH _____

One slip does not end the challenge. Log it, note the trigger, and start the next day fresh.