

PREPARE FOR YOUR NO-SPEND CHALLENGE

1 What's your motivation?

Write down why you want to do the no spend challenge and what you hope to achieve.

2 How long will you do the challenge?

It can be however long or short you want. One week? One month? One year?

3 Set your rules.

Write down things you will still be allowed to buy during the challenge like groceries or gas.

4 Look through your calendar and note any upcoming expenses.

Are there any special occasions or vacations coming up that you will break the challenge for?

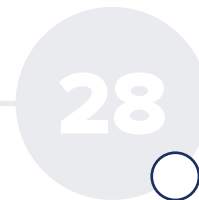
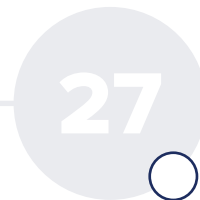
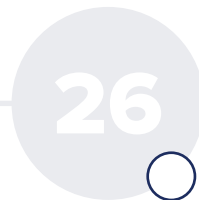
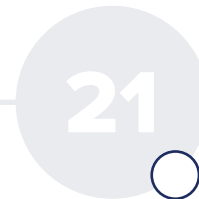
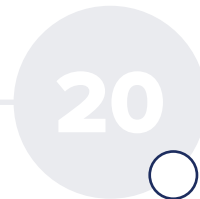
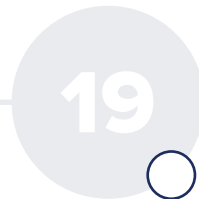
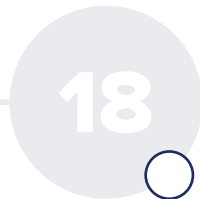
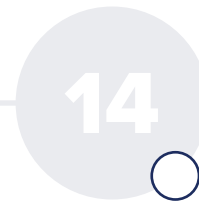
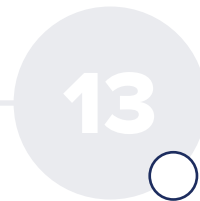
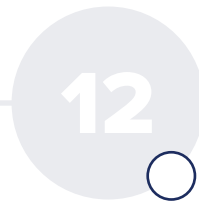
5 Are there any potential spending triggers?

Identify the types of products you typically impulse buy so any temptations won't be a surprise.

NO-SPEND CHALLENGE *WISHLIST*

DATE	COST	DESIRED PURCHASE

30-DAY NO-SPEND CHALLENGE TRACKER




START DATE:

END DATE:



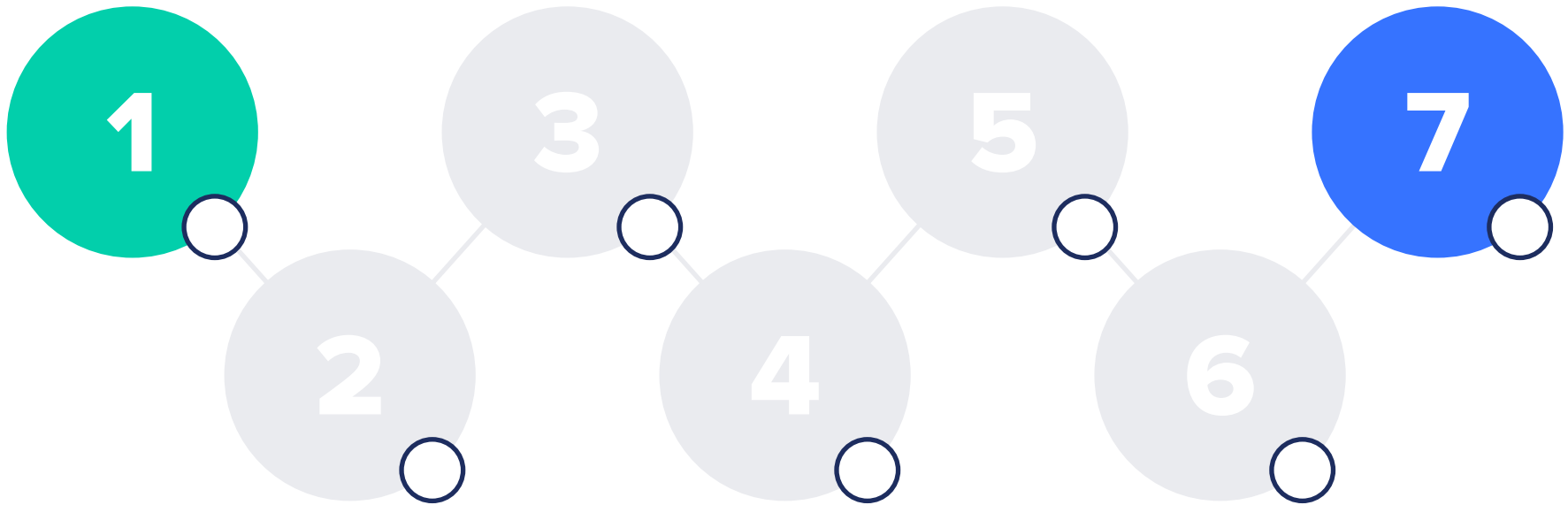
INSTRUCTIONS:

Place a  for days **without spending** and a  for days **with spending**

31-DAY NO-SPEND CHALLENGE TRACKER

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	31	START DATE: _____	END DATE: _____	INSTRUCTIONS: Place a <input checked="" type="checkbox"/> for days without spending and a <input type="checkbox"/> for days with spending	<input type="checkbox"/>

7-DAY NO-SPEND CHALLENGE TRACKER



START DATE:

END DATE:

NOTES:



INSTRUCTIONS:

Place a for days **without spending** and a for days **with spending**

NO-SPEND CHALLENGE

WRAP UP AND REFLECTION

1 How much did you save this month?

Add up all the purchases you were tempted to make to see how much you saved.

2 What were you most tempted to buy?

Did you find yourself struggling to not spend in a certain area? How did you avoid it?

3 Reflect on what you learned about yourself and your spending habits.

Did you find yourself tempted to spend while upset? While happy?

4 Do you feel like you have a better understanding of wants versus needs?

Were there any things you realized you could live without or absolutely need?

5 What would you do differently next time?

Identify the types of products you typically impulse buy so any temptations won't be a surprise.

PREPARE FOR YOUR NO-SPEND CHALLENGE

1 What's your motivation?

Write down why you want to do the no spend challenge and what you hope to acheive.

2 How long will you do the challenge?

It can be however long or short you want. One week? One month? One year?

3 Set your rules.

Write down things you will still be allowed to buy during the challenge like groceries or gas.

4 Look through your calendar and note any upcoming expenses.

Are there any special occasions or vacations coming up that you will break the challenge for?

5 Are there any potential spending triggers?

Identify the types of products you typically impulse buy so any temptations won't be a surprise.

NO-SPEND CHALLENGE *WISHLIST*

DATE	COST	DESIRED PURCHASE

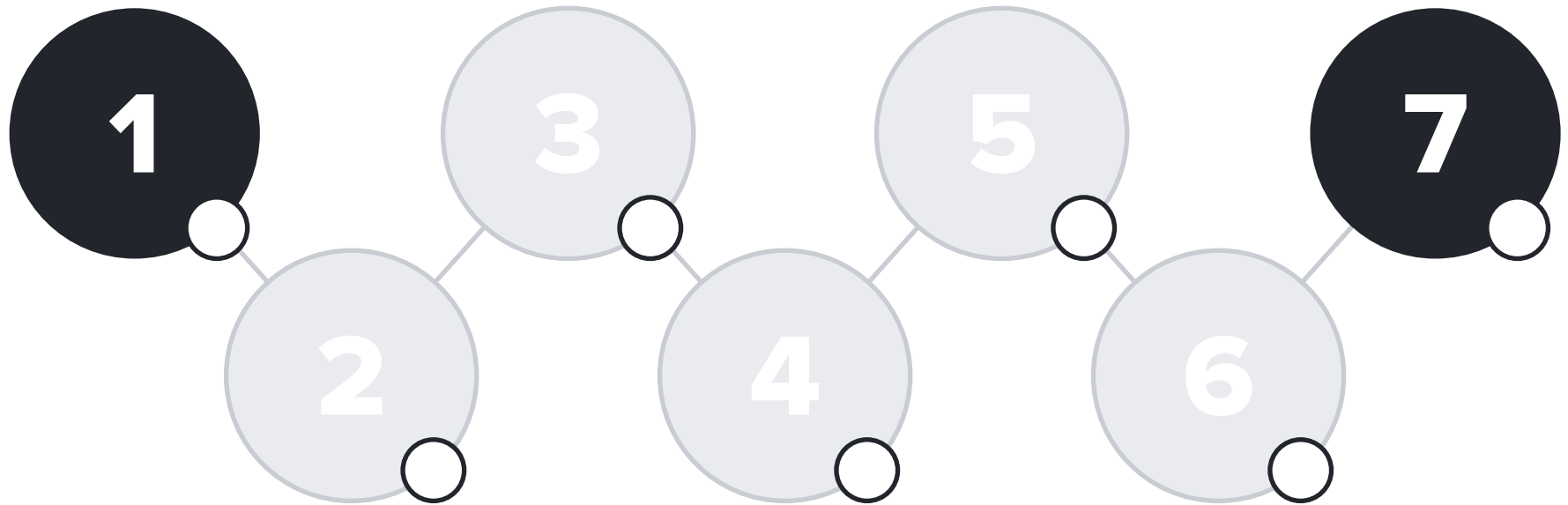
30-DAY NO-SPEND CHALLENGE TRACKER

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	START DATE: _____	END DATE: _____	?	INSTRUCTIONS: Place a <input checked="" type="checkbox"/> for days without spending and a <input type="checkbox"/> for days with spending	

31-DAY NO-SPEND CHALLENGE TRACKER

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	31	START DATE: _____	END DATE: _____	INSTRUCTIONS: Place a ✓ for days without spending and a ✗ for days with spending	?

7-DAY NO-SPEND CHALLENGE TRACKER



START DATE:

END DATE:

NOTES:



INSTRUCTIONS:

Place a for days **without spending** and a for days **with spending**

NO-SPEND CHALLENGE

WRAP UP AND REFLECTION

1 How much did you save this month?

Add up all the purchases you were tempted to make to see how much you saved.

2 What were you most tempted to buy?

Did you find yourself struggling to not spend in a certain area? How did you avoid it?

3 Reflect on what you learned about yourself and your spending habits.

Did you find yourself tempted to spend while upset? While happy?

4 Do you feel like you have a better understanding of wants versus needs?

Were there any things you realized you could live without or absolutely need?

5 What would you do differently next time?

Identify the types of products you typically impulse buy so any temptations won't be a surprise.