

No Spend Challenge

Week of:

Motivation: _____

No Buy List

Exceptions

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Notes _____

Spending Tracker

1

2

3

4

5

6

7

= no spend

= necessities

= spent