

# No Spend Challenge

Start date: \_\_\_\_\_

End date: \_\_\_\_\_

## No Buy List

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## Exceptions

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## Notes

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A large jar with a lid, divided into 21 numbered horizontal sections for tracking spending. The sections are numbered 1 through 21 from bottom to top. Each section is a horizontal line with a dotted line below it, forming a grid for recording.

= no spend

= exception

= spent