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30-Day No Spend Challenge

Each night, mark the day: ✓ no spend · E planned exception · S slip (write it down, start fresh tomorrow).

Start: End: Goal $:

My why:

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 $ ___

Allowed (essentials)

Planned exceptions + limit

72-hour waitlist

After-challenge list

Saved this month $: It goes to:

For personal use