My Low Buy Rules

Start: _____ · End: _____ · Review day: _____

Category	Pause	Limit	Allow	My simple limit
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	

Gifts	Social plans	Replacements

Monthly review

Month	Rule that helped	Rule to adjust (one only)