No Spend Challenge Picker

Match your situation · set your dates · tick each day

If this sounds like you	Try this challenge	Length	☐
A month feels like too much	No spend weekend	2 days	☐
You want a quick reset	7 day no spend challenge	7 days	☐
Takeout is your biggest leak	No takeout challenge	2-4 weeks	☐
Coffee runs add up	No coffee shop challenge	2-4 weeks	☐
You shop when bored	No impulse purchase challenge	2 weeks	☐
Spending with a partner	Partner no spend challenge	2 weeks	☐
Your pantry is full	Pantry-first week	7 days	☐
You want a full reset	Classic 30-day challenge	30 days	☐

My challenge: _____ Start: _____ End: _____

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 ☐