No Spend Month Checklist

Month: _____ · Start: _____ · End: _____

My reason:

_____

Before day one	Done
Pick my month and mark start and end dates	☐
Note paydays and bill due dates	☐
Write my rules on one page	☐
List every bill due this month	☐
Set a realistic grocery plan	☐
Plan a few repeat meals and one backup meal	☐
List ten free things I enjoy	☐
Remove saved cards and mute sale emails	☐
Start a wish list for wants	☐

Sunday check-ins

Week	What tempted me?	One change for next week
Week 1		
Week 2		
Week 3		
Week 4		

Review: one habit to keep · one trigger to watch · one change for next time

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