

30-Day No-Spend Challenge

Colour in a square for every day you stick to the challenge.

My rule: No unplanned spending. Essentials only.

Reward: Treat yourself when every square is filled.

Daily tracker

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

Squares completed: _____ / 30