30-Day No-Spend Challenge

Colour in a square each time you tuck away £5.

My rule: No unplanned spending. Essentials only.

Reward: Treat yourself when every square is filled.

Savings squares

1 £5	2 £5	3 £5	4 £5	5 £5	6 £5
7 £5	8 £5	9 £5	10 £5	11 £5	12 £5
13 £5	14 £5	15 £5	16 £5	17 £5	18 £5
19 £5	20 £5	21 £5	22 £5	23 £5	24 £5
25 £5	26 £5	27 £5	28 £5	29 £5	30 £5

Filling every square saves £150.

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