

# MONTHLY

# NO SPEND CHALLENGE

MONTH:

TOTAL SAVINGS:

**DIRECTIONS:** CROSS OFF ONE BLOCK FOR EACH DAY OF YOUR NO SPEND CHALLENGE THAT YOU DON'T SPEND MONEY. ADD UP YOUR SAVINGS A MONTH'S 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
31	GOALS:				