

No-Spend Challenge Tracker

Commit to a 7, 14, or 30-day no-spend challenge and track every win.

NAME: _____ START DATE: _____ END DATE: _____

CHALLENGE DURATION (circle): 7 days / 14 days / 30 days SAVINGS GOAL: \$ _____

SPENDING IS ALLOWED FOR:

- Rent / mortgage
- Utilities & phone
- Groceries (essentials)
- Medication & health
- Transportation to work
- Other: _____

NOT ALLOWED (NO-SPEND RULES):

- Eating out / takeaway
- Coffee shops
- Online shopping
- Clothes & accessories
- Entertainment & apps
- Subscriptions (pause!)

DAILY TRACKER - CHECK OFF EACH SUCCESSFUL NO-SPEND DAY

Day 1 [] No spend	Day 2 [] No spend	Day 3 [] No spend	Day 4 [] No spend	Day 5 [] No spend	Day 6 [] No spend	Day 7 [] No spend
Day 8 [] No spend	Day 9 [] No spend	Day 10 [] No spend	Day 11 [] No spend	Day 12 [] No spend	Day 13 [] No spend	Day 14 [] No spend
Day 15 [] No spend	Day 16 [] No spend	Day 17 [] No spend	Day 18 [] No spend	Day 19 [] No spend	Day 20 [] No spend	

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No spend

Day 21
 No spend

Day 22
 No spend

Day 23
 No spend

Day 24
 No spend

Day 25
 No spend

Day 26
 No spend

Day 27
 No spend

Day 28
 No spend

Day 29
 No spend

Day 30
 No spend

Day 31
 No spend

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TOTAL SAVED THIS CHALLENGE: \$ _____ REWARD I'LL GIVE MYSELF: _____