

30 DAY

NO-SPEND CHALLENGE

USE THE BOXES BELOW TO REPRESENT EACH DAY OF THE CHALLENGE. YOU CAN WRITE WHAT YOU DID TO REACH YOUR GOAL EACH DAY, AND CROSS OFF THE DAYS AS THEY PASS.

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