SAVINGS CHALLENGE

30-day no-spend

Start date _____

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

Still allowed (essentials)

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

What I'm skipping