# No-Spend Habit Tracker

Track your progress throughout your no-spend challenge. Use this habit tracker to log each successful no-spend day, set daily savings goals, and stay motivated with reminders of your financial goals!

**Weekly No-Spend Habit Tracker**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Did You Spend? (Yes/No) | Money Saved (£) | Motivational Note |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

**Monthly No-Spend Progress**

Use this section to record how many no-spend days you completed over the month and track your overall savings.

Total No-Spend Days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Money Saved (£): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Motivation Reminder:  
“Every no-spend day brings you closer to your financial goals. Small steps lead to big changes!”