

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!”