

## No-Spend Challenge Tracker

### Challenge Overview

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

Personal No-Spend Goal: \_\_\_\_\_

### 30-Day No-Spend Tracker

Day	No Spend? (Y/N)	£ Saved	Spending Temptation	What I Did Instead
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				
31				

## End-of-Challenge Reflection

Total £ saved: \_\_\_\_\_

Biggest challenge I faced: \_\_\_\_\_

What I learned about my spending habits: \_\_\_\_\_

What I'll do differently moving forward: \_\_\_\_\_

No-spend challenges are about progress, not perfection!

**Keep going**, and your money mindset will continue to improve!