

No-Spend Tracker

Only spend on necessary, planned purchases like bills, food, and gas. Color the box in if you don't make unnecessary purchases, and write the amount spent in the box if you do.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 28	Day 29	Day 30	Day 31			

Number of **No-Spend** Days:

Total Spent:

Number of Spend Days:

Things I Skipped

What I Learned

No-Spend Tracker

Only spend on necessary, planned purchases like bills, food, and gas. Write an “x” in the box if you don't make unnecessary purchases, and write the amount spent in the box if you do.

Week 1	Day 3
	Day 4
	Day 5
Day 1	Day 6
Day 2	Day 7

Week 2	Day 10
	Day 11
	Day 12
Day 8	Day 13
Day 9	Day 14

Week 3	Day 17
	Day 18
	Day 19
Day 15	Day 20
Day 16	Day 21

Week 4	Day 24
	Day 25
	Day 26
Day 22	Day 27
Day 23	Day 28

You got this!	Day 29
	Day 30
	Day 31

Number of **No-Spend** Days:

Number of Spend Days:

Total Spent:

Things I Skipped

What I Learned