

NO SPEND challenge

A SIMPLE WAY TO RESET SPENDING

No Spend Rules: Spend only on necessary, planned purchases such as food, bills, and gas. If it's a "treat yo'self" item, don't buy it!

Directions: Color the dots green on days you don't spend unnecessarily. Color the dots red when you do.

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	

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