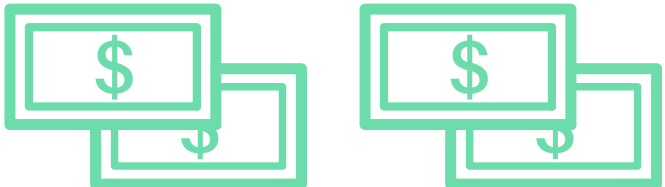


NO SPEND MONTH CALENDAR

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				

NO SPEND MONTH RULES

1 _____

4 _____

2 _____

5 _____

3 _____

6 _____



NO SPEND CHALLENGE

MONTH _____

THE NO BUY LIST

- _____
- _____
- _____
- _____
- _____
- _____

NO SPEND TRACKER

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				

EXEMPTION LIST

- _____
- _____
- _____
- _____
- _____
- _____

HOW DID YOU DO?

OF NO SPEND DAYS

OF OOPS DAYS



WHAT'S MOTIVATING YOU TO SAVE MONEY?



NO SPEND CHALLENGE BULLET JOURNAL

I'M DONE SPENDING MONEY ON...

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

WHATS YOUR WHY

EXEMPTIONS

NO SPEND CHALLENGE

MONTH _____

PRE-CHALLENGE JOURNAL ENTRY

How are you feeling right now? _____

What is motivating me? _____

What will I do with more money? _____

What excites me about this challenge? _____

What fears do I have about this challenge? _____



NO SPEND CHALLENGE

WEEK _____

WEEKLY JOURNAL UPDATE

How are you feeling right now? _____

Are you still motivated? _____

What will I do with more money? _____

Are you still excited about this challenge? _____

Have any of my fears become a reality? _____



NO SPEND CHALLENGE

WEEK _____

WEEKLY JOURNAL UPDATE

How are you feeling right now? _____

Are you still motivated? _____

What will I do with more money? _____

Are you still excited about this challenge? _____

Have any of my fears become a reality? _____



NO SPEND CHALLENGE

WEEK _____

WEEKLY JOURNAL UPDATE

How are you feeling right now? _____

Are you still motivated? _____

What will I do with more money? _____

Are you still excited about this challenge? _____

Have any of my fears become a reality? _____



NO SPEND CHALLENGE

WEEK _____

WEEKLY JOURNAL UPDATE

How are you feeling right now? _____

Are you still motivated? _____

What will I do with more money? _____

Are you still excited about this challenge? _____

Have any of my fears become a reality? _____



NO SPEND CHALLENGE

WEEK _____

POST CHALLENGE JOURNAL UPDATE

How are you feeling right now? _____

What kept you motivated during the challenge? _____

How much money did you save? _____

Did any of your pre-challenge fears become reality? _____

What are you going to do with that money? _____

