31-Day No-Spend Challenge

A row a day. Write down what you said no to and what it cost, so the month ends with a figure.

Month _____ **Doing this because** _____

DAY	WHAT I SAID NO TO	IT COST	NO-SPEND DAY
1		$	☐
2		$	☐
3		$	☐
4		$	☐
5		$	☐
6		$	☐
7		$	☐
	Week 1 said no to	$	
8		$	☐
9		$	☐
10		$	☐
11		$	☐
12		$	☐
13		$	☐
14		$	☐
	Week 2 said no to	$	
15		$	☐
16		$	☐
17		$	☐
18		$	☐
19		$	☐
20		$	☐
21		$	☐
	Week 3 said no to	$	
22		$	☐
23		$	☐
24		$	☐
25		$	☐
26		$	☐
27		$	☐
28		$	☐
	Week 4 said no to	$	
29		$	☐
30		$	☐
31		$	☐
	Week 5 said no to	$	

What 31 days of saying no came to $ _____

Free printable. US Letter. Printing on A4? Choose "fit to page".