7-Day No-Spend Reset

One week, bigger rows. The usual place to start, and the honest length if a month has already gone wrong.

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 $ _____

What 7 days of saying no came to $ _____

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