

FREE PRINTABLE · BUDGET

No-Spend Challenge Calendar

Thirty-one days. Mark every day you did not spend on anything optional.

MONTH

WHAT I AM SAVING FOR

My rules — what still counts as allowed

- ☐ Groceries (list only)
- ☐ Fuel / transport to work
- ☐ Bills already due
- ☐ Medication
- ☐ Pre-booked commitments
- ☐ Nothing else

The month

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 DAYS

SLIP-UPS

ESTIMATED SAVED