

NO Spend CHALLENGE

MONTH

How many No Spend days can you manage this 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	X	X	X	X

NO SPEND DAYS

FAIL DAYS

NO Spend RULES

NOT ALLOWED

ALLOWED

AMOUNT

SPEND TOTAL

MONTHLY Meal BUDGET

	BREAKFAST	LUNCH	TEA
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			
BUDGET			
PACKED LUNCHES	<input type="text"/>	DRINKS	<input type="text"/>
CLEANING PRODUCTS	<input type="text"/>	TOILETRIES	<input type="text"/>
TOTAL BUDGET			<input type="text"/>