

1 Week

NO SPEND CHALLENGE TRACKER

START DATE: _____

END DATE: _____

"Wealth is largely the result of habit."

NO SPEND WEEK PREP:

- Meal plan
- Fill up gas tank
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FREE ACTIVITIES LIST:

MY WHY:

- Rules and Exceptions Determined
- Family Meeting to Discuss

Mark off each box as you complete the challenge for that day.

1	2	3	4	5	6	7
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Notes: