

NO SPEND MONTH RULES

MY NO SPEND MONTH

PUT AN "X" IN EACH BOX TO TRACK YOUR PROGRESS

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31				

- 1 NO DISCRETIONARY SPENDING.
- 2 TRUE EMERGENCIES DON'T COUNT.

TIPS FOR NO SPEND MONTH

- 1 DIFFERENTIATE BETWEEN ESSENTIAL AND DISCRETIONARY EXPENSES.
- 2 TELL YOUR FRIENDS, FAMILY AND KIDS AHEAD OF TIME.
- 3 TRACK THE MONEY YOU ARE SAVING FOR SOME EXTRA MOMENTUM
- 4 PLAN MEALS AHEAD. BEING RESTAURANT FREE WILL BE THE BIGGEST CHALLENGE FOR MOST.