



Petal & Paper

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No-spend challenge tracker



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30 DAYS OF INTENTIONAL SPENDING

no-spend challenge

Rules (set your own)

Essential spending allowed: food ☐ bills ☐
petrol ☐

Not allowed: eating out ☐ clothes ☐
subscriptions ☐

Allowed exceptions: _____

Challenge starts: ____ ends: ____

Week 1 (days 1–7)

Day 1: ✓ win ☐ ✗ slip — spent on:

Day 2: ✓ win ☐ ✗ slip — spent on:

Day 3: ✓ win ☐ ✗ slip — spent on:

Day 4: ✓ win ☐ ✗ slip — spent on:

Day 5: ✓ win ☐ ✗ slip — spent on:

Day 6: ✓ win ☐ ✗ slip — spent on:

Day 7: ✓ win ☐ ✗ slip — spent on:

Weeks 2–4

Week 2 wins: ____ / 7 Saved approx: £____

Week 3 wins: ____ / 7 Saved approx: £____

Week 4 wins: ____ / 7 Saved approx: £____

Total wins: ____ / 30 Total saved: £____

Reflection

Hardest trigger: _____

What I realised about my spending:

What I will change permanently:

Would I do it again? yes / no / modified