



Petal & Paper

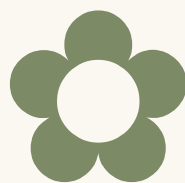
YOUR FREE PRINTABLE

No-spend month challenge tracker



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N O - S P E N D C H A L L E N G E

no-spend month

Month · _____

The rules (what counts as spending) ·

Exceptions (non-negotiables) · Bills ☐ Food ☐ Transport ☐
Other: _____

Days 1–10 · ☐☐☐☐☐☐☐☐☐☐

Days 11–20 · ☐☐☐☐☐☐☐☐☐☐

Days 21–31 · ☐☐☐☐☐☐☐☐☐☐

Total saved this month · £____ Days completed: _____

T H E U R G E T O S P E N D P A S S E S I N 2 0
M I N U T E S — W A I T I T O U T

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