

30-Day No-Spend Challenge



Expenses to Avoid

Choose 3–6 categories. Keep it realistic so you can stick with it for 30 days.

- Eating out and takeout
- Coffee shops
- Convenience snacks
- Delivery apps
- Impulse online buys
- Entertainment
- Clothing
- Home decor
- Hobbies

Expenses to Allow

Essentials stay on the table, but only with a plan. If it's allowed, give it a cap.

- Rent or mortgage
- Utilities and insurance
- Gas or transportation
- Groceries
- Prescriptions
- Doctor's appointments
- Childcare/school needs
- Minimum debt payments
- Preplanned obligations

Track Your Progress One Day at a Time

