WEALTHLEDGER

30-Day No Spending Challenge

Pause selected nonessential purchases. Keep paying for essentials and obligations.

Start / end dates: _____

My goal: _____

Purchases I will pause: _____

Allowed / exceptions: _____

Mark each day: K = kept rules E = allowed essential / exception R = review & reset

DAY 01 Date: _____ Code: ___	**DAY 02** Date: _____ Code: ___	**DAY 03** Date: _____ Code: ___	**DAY 04** Date: _____ Code: ___	**DAY 05** Date: _____ Code: ___
DAY 06 Date: _____ Code: ___	**DAY 07** Date: _____ Code: ___	**DAY 08** Date: _____ Code: ___	**DAY 09** Date: _____ Code: ___	**DAY 10** Date: _____ Code: ___
DAY 11 Date: _____ Code: ___	**DAY 12** Date: _____ Code: ___	**DAY 13** Date: _____ Code: ___	**DAY 14** Date: _____ Code: ___	**DAY 15** Date: _____ Code: ___
DAY 16 Date: _____ Code: ___	**DAY 17** Date: _____ Code: ___	**DAY 18** Date: _____ Code: ___	**DAY 19** Date: _____ Code: ___	**DAY 20** Date: _____ Code: ___
DAY 21 Date: _____ Code: ___	**DAY 22** Date: _____ Code: ___	**DAY 23** Date: _____ Code: ___	**DAY 24** Date: _____ Code: ___	**DAY 25** Date: _____ Code: ___
DAY 26 Date: _____ Code: ___	**DAY 27** Date: _____ Code: ___	**DAY 28** Date: _____ Code: ___	**DAY 29** Date: _____ Code: ___	**DAY 30** Date: _____ Code: ___

WEEKLY MONEY CHECK

Compare actual spending with a realistic baseline. Delayed purchases are not savings.

Days 1-7	Baseline: $_____	Actual: $_____	Difference: $_____
Days 8-14	Baseline: $_____	Actual: $_____	Difference: $_____
Days 15-21	Baseline: $_____	Actual: $_____	Difference: $_____
Days 22-30	Baseline: $_____	Actual: $_____	Difference: $_____

Actually set aside / used for my goal: $_____ Follow-up date: _____