No Spend Month Calendar

Goal: **31 days** Start date: _____ Name: _____

My essentials (allowed): _____

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

Total saved this month: $_____ Hardest day: _____

Color in every day you stick to your essentials list. General information, not financial advice. stashsheet.com