# No-Spend Month Challenge Calendar & Temptation Log

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## September 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | 1 ☐ | 2 ☐ | 3 ☐ | 4 ☐ |
| 5 ☐ | 6 ☐ | 7 ☐ | 8 ☐ | 9 ☐ | 10 ☐ | 11 ☐ |
| 12 ☐ | 13 ☐ | 14 ☐ | 15 ☐ | 16 ☐ | 17 ☐ | 18 ☐ |
| 19 ☐ | 20 ☐ | 21 ☐ | 22 ☐ | 23 ☐ | 24 ☐ | 25 ☐ |
| 26 ☐ | 27 ☐ | 28 ☐ | 29 ☐ | 30 ☐ | | |

### Allowed essentials

### Money saved

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## TEMPTATION LOG

| Date | I wanted… | Cost | Skipped? | Feeling |
|---|---|---|---|---|
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- [ ] Plan free fun
- [ ] Meal plan the week
- [ ] Cash-only weekend
- [ ] 24-hour rule
- [ ] Delete saved cards
- [ ] Swap with friends
- [ ] Library instead of buying
- [ ] Walk instead of drive