No-Spend Month Challenge Calendar & Temptation Log

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July 2027

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 ☐
31 ☐						

Allowed essentials

Money saved

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TEMPTATION LOG

Date	I wanted...	Cost	Skipped?	Feeling

- [ ] Cash-only weekend
- [ ] Delete saved cards
- [ ] Meal plan the week
- [ ] 24-hour rule
- [ ] Pantry challenge
- [ ] Plan free fun
- [ ] Unsubscribe from shop emails
- [ ] Walk instead of drive