# 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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- [ ] Swap with friends
- [ ] Walk instead of drive
- [ ] Unsubscribe from shop emails
- [ ] Delete saved cards
- [ ] Library instead of buying
- [ ] Cash-only weekend
- [ ] 24-hour rule
- [ ] Pantry challenge