No-Spend Month Challenge Calendar & Temptation Log

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January 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

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