No-Spend Month Challenge Calendar & Temptation Log

2-PAGE TERRACOTTA MINIMALIST EDITION PDF

August 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 ☐	31 ☐	

Allowed essentials

Money saved

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TEMPTATION LOG

Date	I wanted...	Cost	Skipped?	Feeling

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