

SPENDING FREEZE CHALLENGE

MONTH:

YEAR:

RULES:

- No unnecessary spending for ___ days.
 - Allowed categories: _____
 - Not allowed: _____
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- Mark each day you successfully avoided any non-essential spending.

APRIL CALENDAR

Su	Mo	Tu	We	Th	Fr	Sa
			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		

REFLECTION:

- What was the hardest part?
- How much did you save?
- What did you learn about your spending habits?

