

No-Spend Monthly Tracker

Plan your no-spend month rules and check off each day you didn't spend on non-essentials.
Keep track of your spending using Mint's app to track your savings each week.

* Rules *

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



* Weekly Savings *

Week 1: \$ _____

Week 2: \$ _____

Week 3: \$ _____

Week 4: \$ _____

Day 1 Day 2 Day 3 Day 4

Day 5 Day 6 Day 7 Day 8

Day 9 Day 10 Day 11 Day 12

Day 13 Day 14 Day 15 Day 16

Day 17 Day 18 Day 19 Day 20

Day 21 Day 22 Day 23 Day 24

Day 25 Day 26 Day 27 Day 28

Day 29 Day 30 Day 31

