

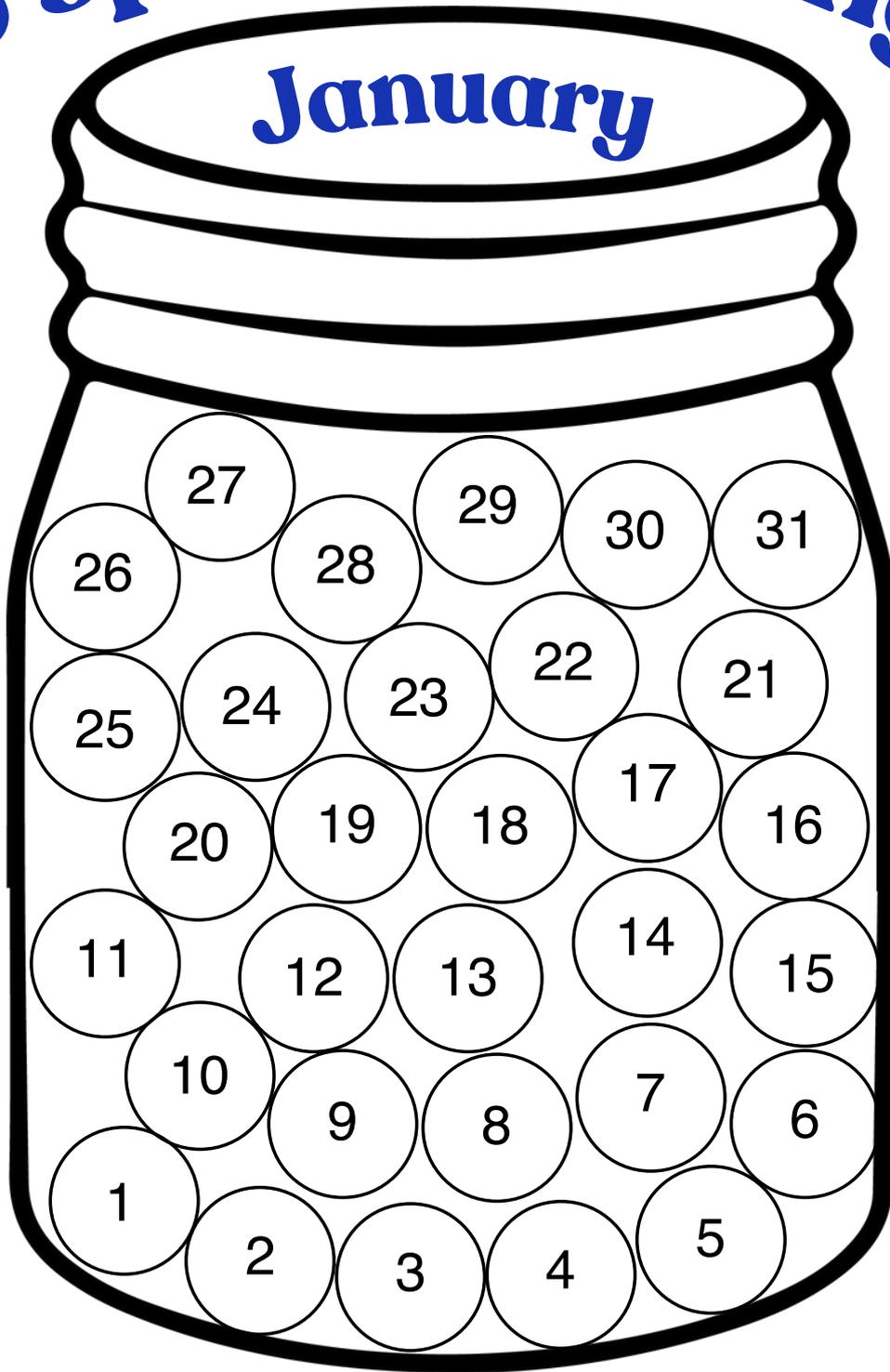


# No spend challenge!

A No-Spend Challenge is a fun and creative way to save money and become more mindful about what you spend! The goal is simple: try to go as many days as possible without spending on anything except true necessities. On the printable, you'll find a jar filled with coins representing each day. Colour in a coin when you've had a "No-Spend" day, spent only on essentials, or gave in to a splurge. At the end, see how much you've saved and celebrate your progress! It's like a game, but the prize is a healthier wallet!

**EPSON**<sup>®</sup>

# No spend challenge!



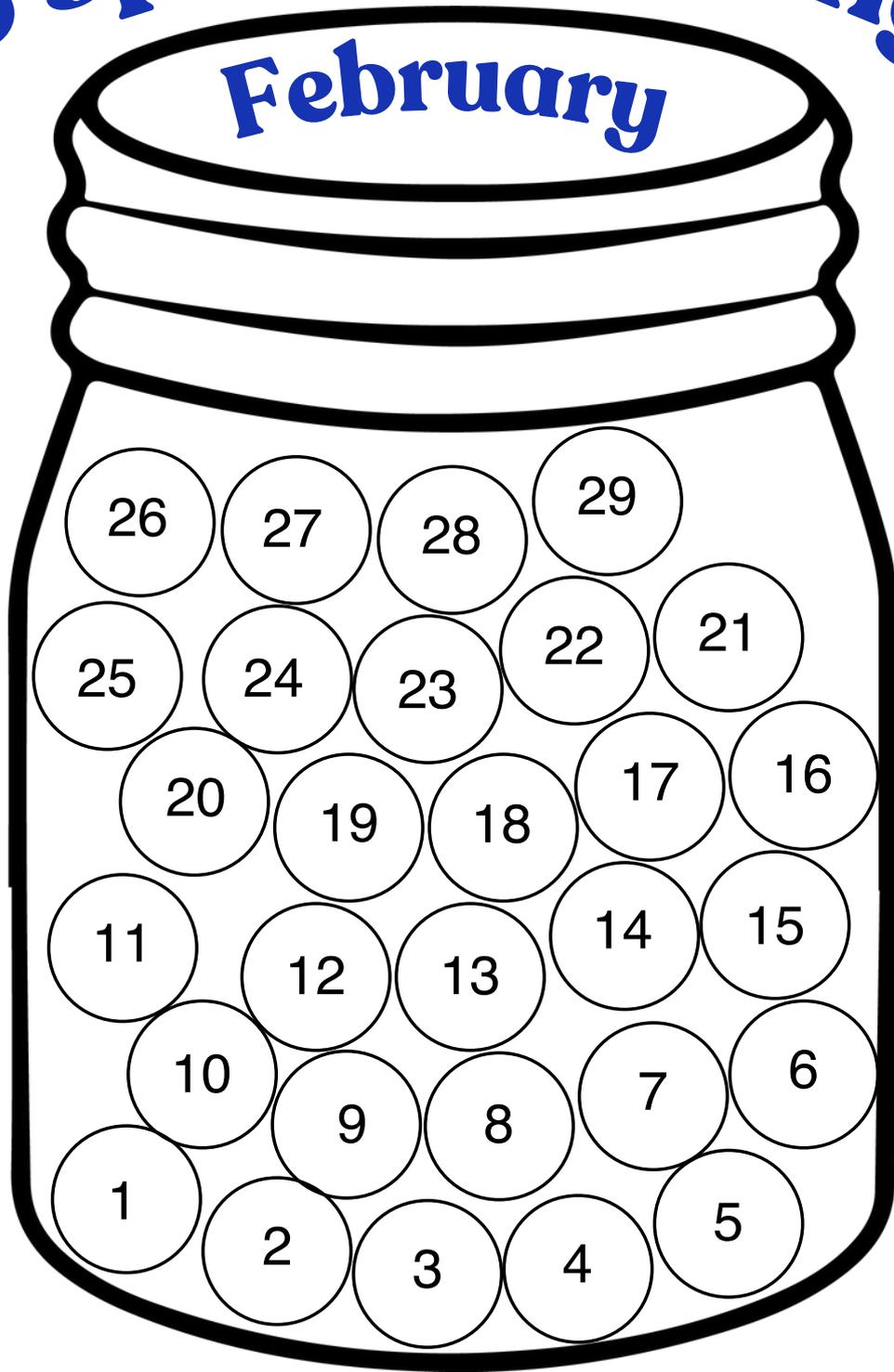
No  
spend!

Spent

Only  
brought  
necessities

# No spend challenge!

## February



No  
spend!

Spent

Only  
brought  
necessities

# No spend challenge!

March



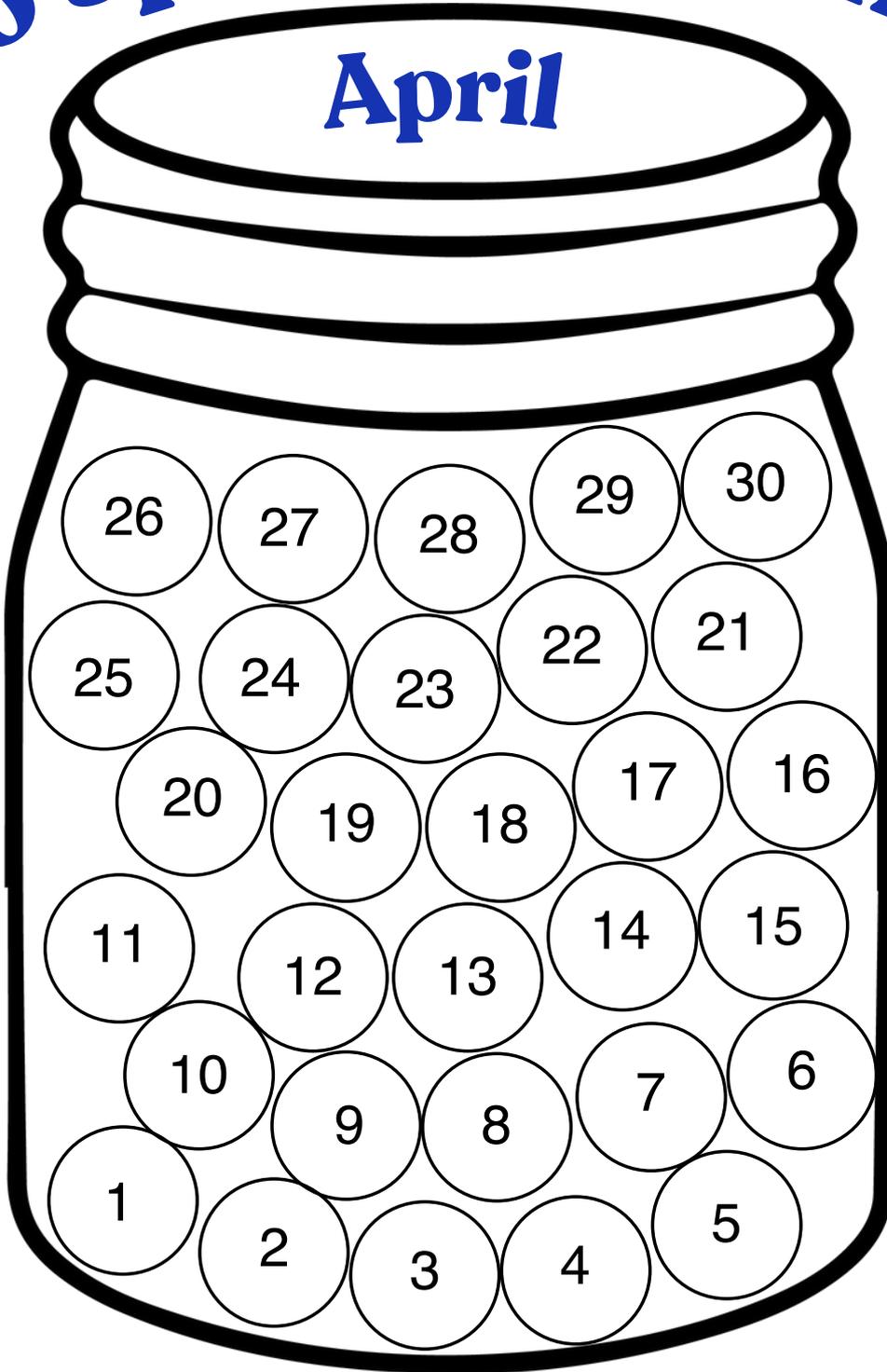
No  
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necessities

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April



No  
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Spent

Only  
brought  
necessities

# No spend challenge!



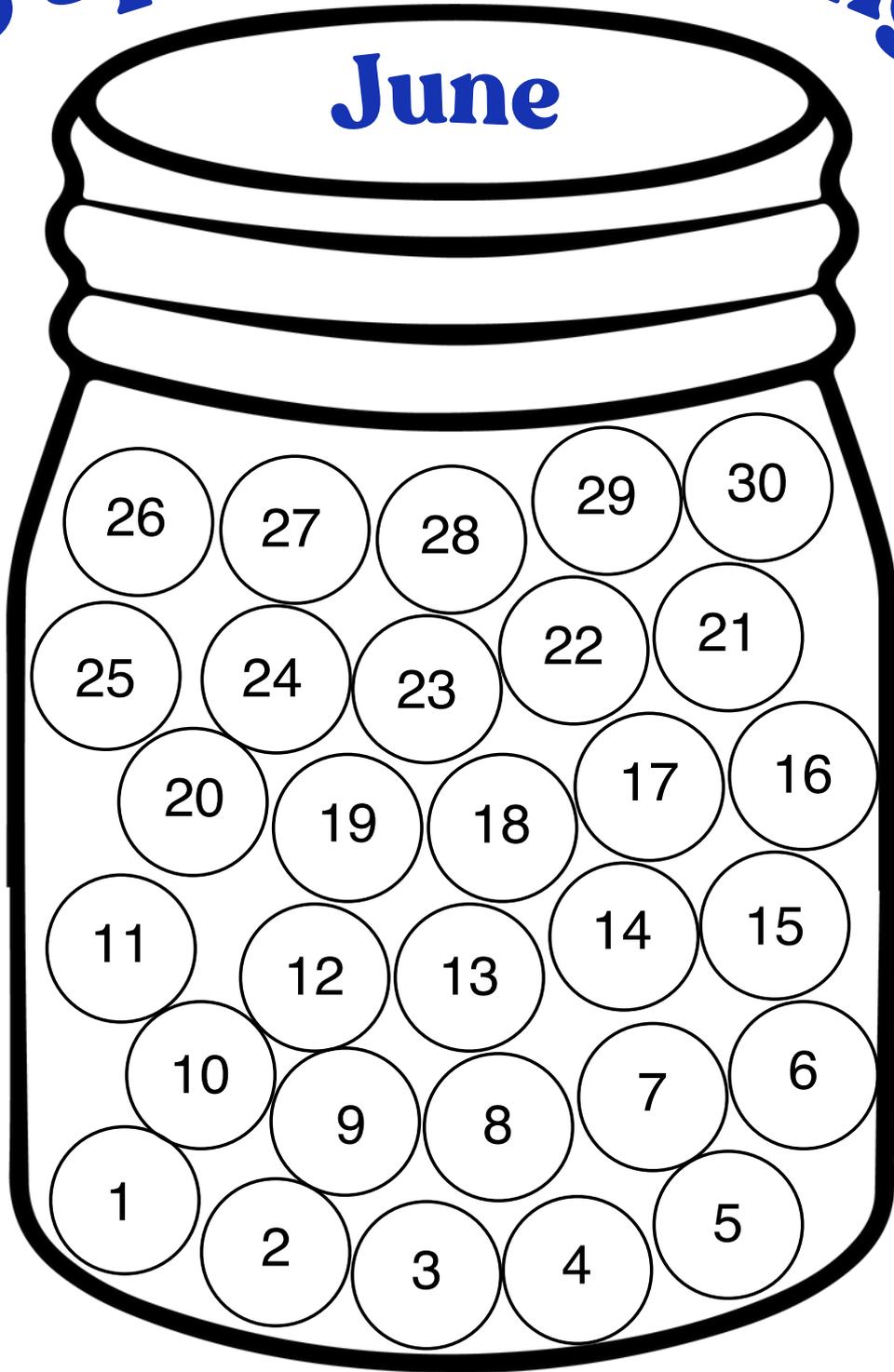
No  
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# No spend challenge!

June



No  
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Spent

Only  
brought  
necessities

# No spend challenge!

July



No  
spend!

Spent

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necessities

# No spend challenge!

August

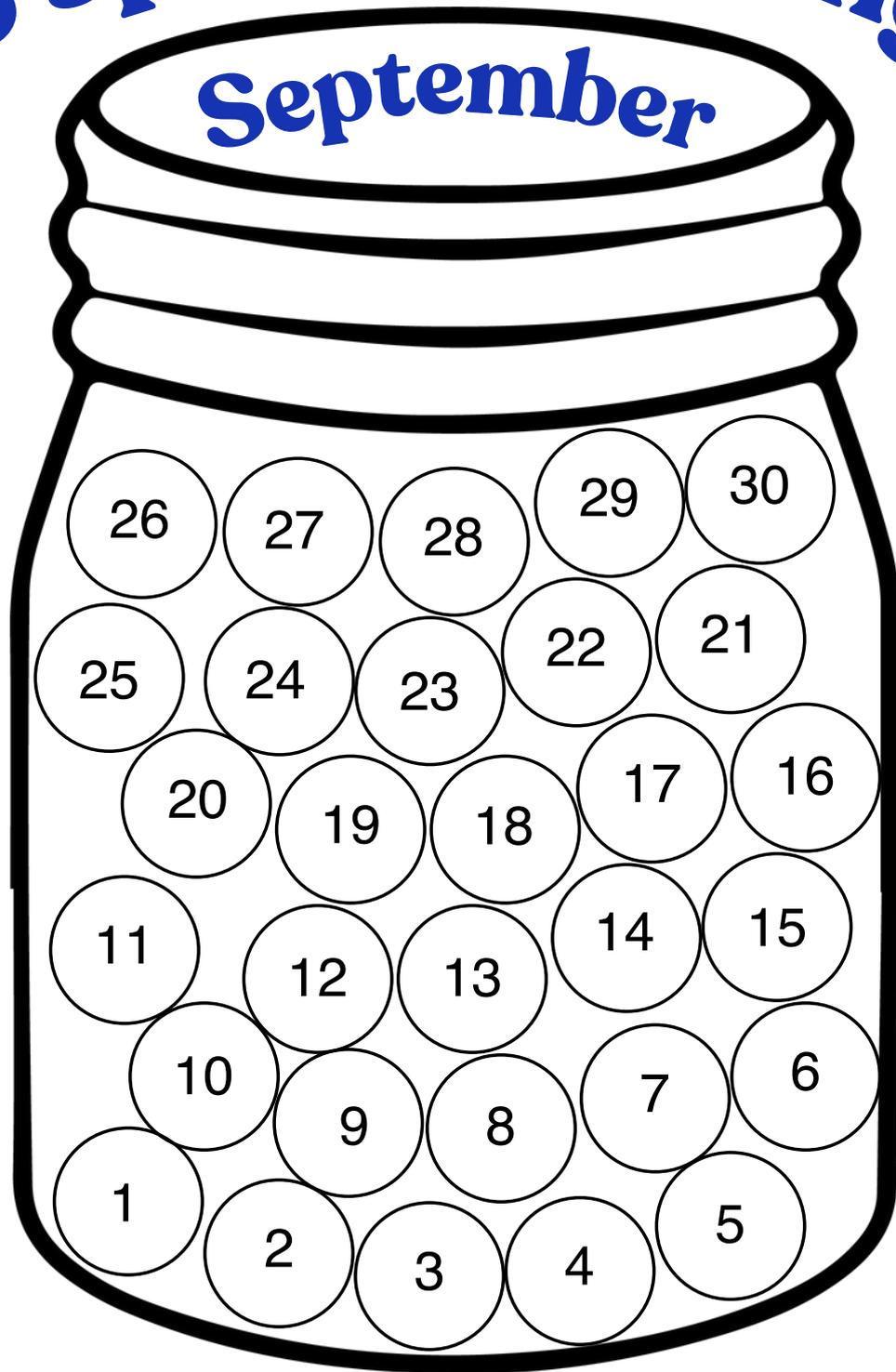


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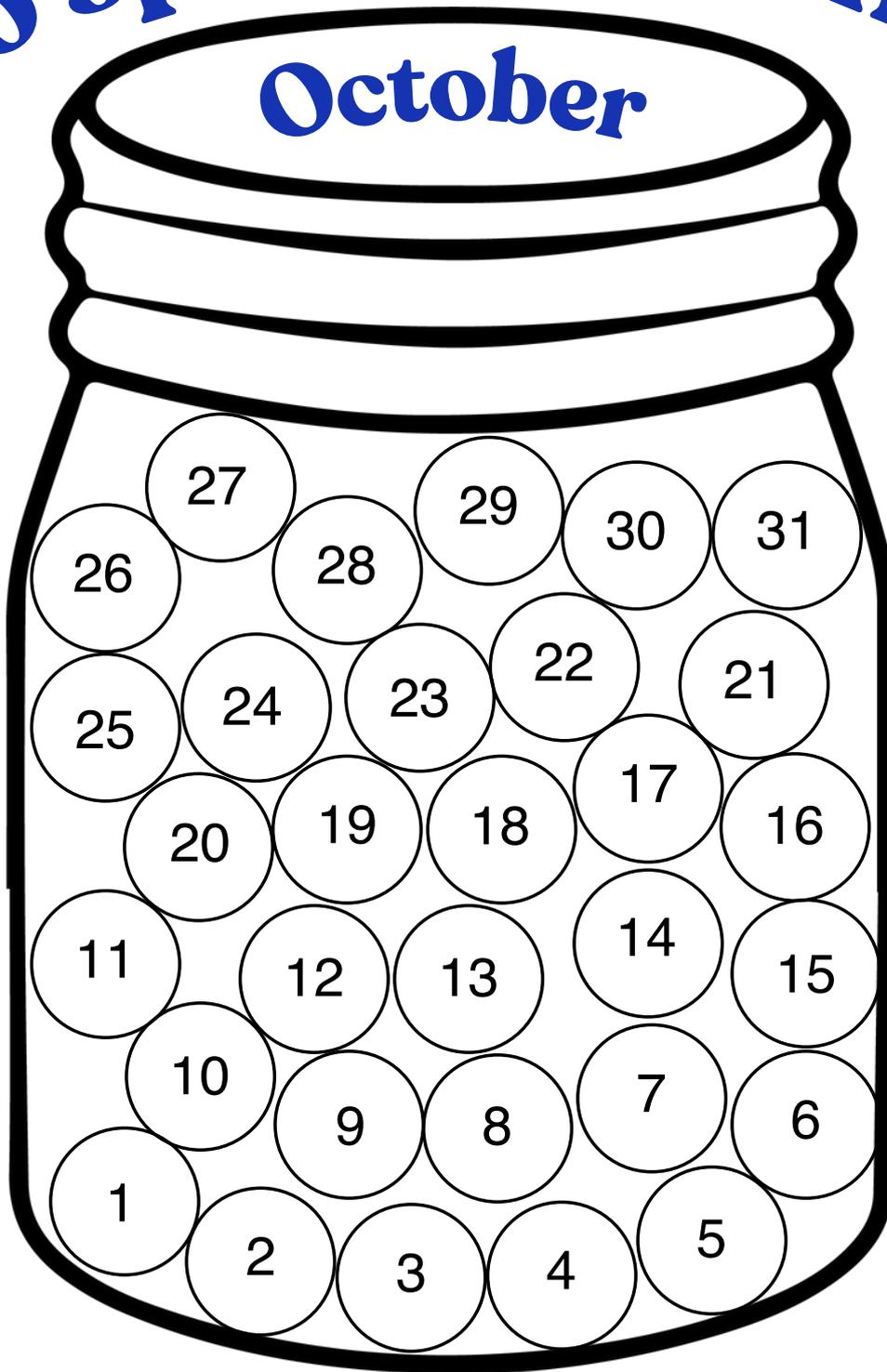
No  
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October

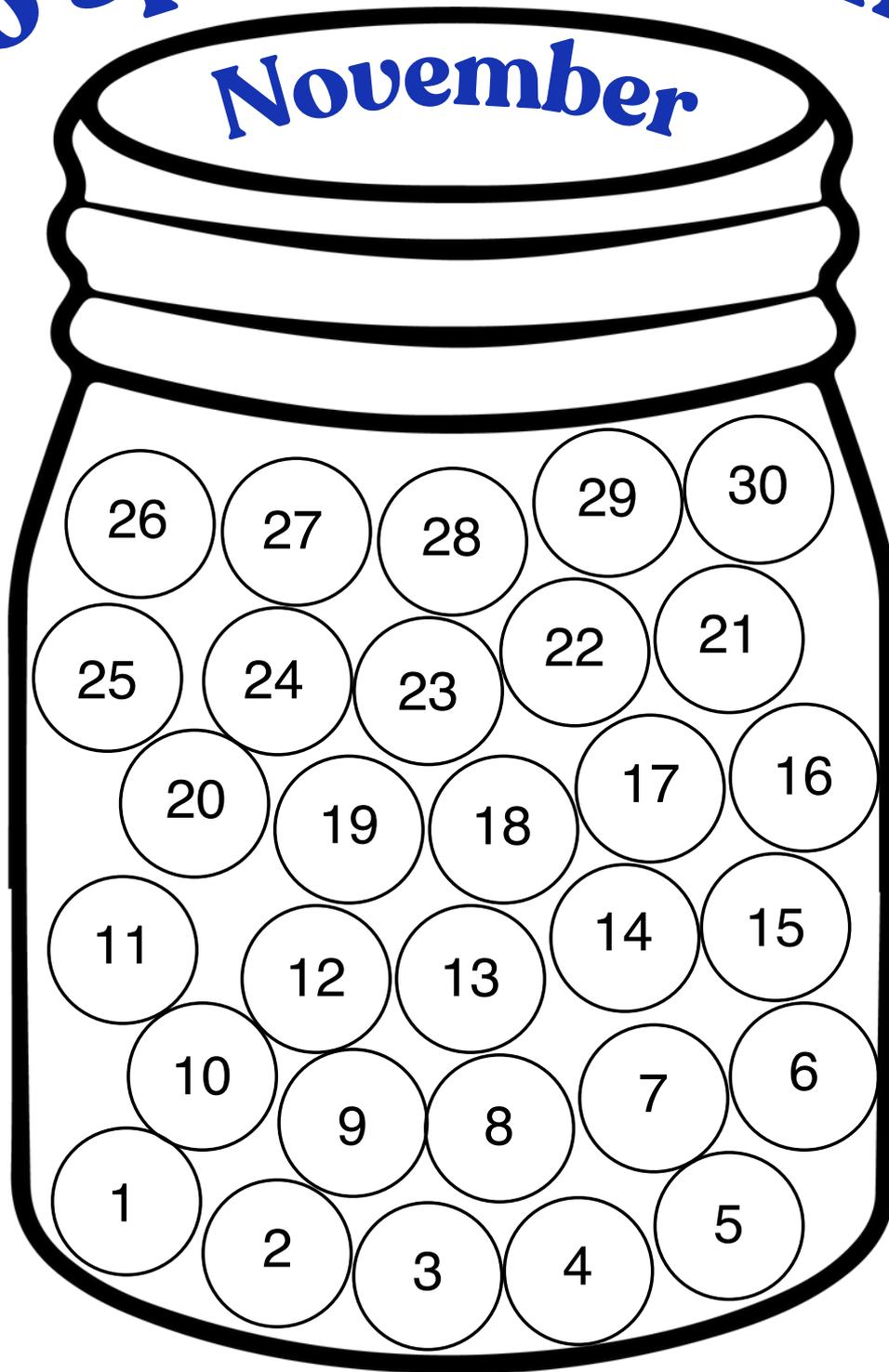


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