

14-Day No Spend Challenge Tracker

Name: _____

[Download a free 7-Day No Spend Calendar](#)

Step 1: Goal Setting

Start Date: _____

End Date: _____

Savings Goal: _____

What I'm Saving For: _____

Step 2: 14-Day Tracker

Day	Date	Did I spend on wants?	How I felt today	Notes/Triggers
1		<input type="checkbox"/> Yes <input type="checkbox"/> No		
2		<input type="checkbox"/> Yes <input type="checkbox"/> No		
3		<input type="checkbox"/> Yes <input type="checkbox"/> No		
4		<input type="checkbox"/> Yes <input type="checkbox"/> No		
5		<input type="checkbox"/> Yes <input type="checkbox"/> No		
6		<input type="checkbox"/> Yes <input type="checkbox"/> No		
7		<input type="checkbox"/> Yes <input type="checkbox"/> No		
8		<input type="checkbox"/> Yes <input type="checkbox"/> No		
9		<input type="checkbox"/> Yes <input type="checkbox"/> No		
10		<input type="checkbox"/> Yes <input type="checkbox"/> No		
11		<input type="checkbox"/> Yes <input type="checkbox"/> No		
12		<input type="checkbox"/> Yes <input type="checkbox"/> No		
13		<input type="checkbox"/> Yes <input type="checkbox"/> No		
14		<input type="checkbox"/> Yes <input type="checkbox"/> No		

Step 3: Reflection Prompts

What did I learn?

What will I do differently next time?

Step 4: Celebration

Total Saved: _____

How I feel now compared to Day 1: _____

Touheed's Tip: Small consistent steps add up to big wins. Stay motivated!