Buy Nothing Month Challenge: Week 1

Dates: _____		
Transactions *Which categories did you spend money in? How much was spent for each?*	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Total Spent This Week	$	
Category Balances *How much money remains to be spent in each of your allotted categories?*	CATEGORY: AMOUNT REMAINING: ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Accomplishments *Did you stay on track? How did you avoid temptation to spend?*		
Challenges *How did the week go? What, if anything, needs to change?*		
Additional Notes		

Fun for FREE

Here's what I did for fun this week without spending money:

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Buy Nothing Month Challenge: Week 2

Dates: _____		
Transactions *Which categories did you spend money in? How much was spent for each?*	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Total Spent This Week	$_____	
Category Balances *How much money remains to be spent in each of your allotted categories?*	CATEGORY: AMOUNT REMAINING: ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Accomplishments *Did you stay on track? How did you avoid temptation to spend?*		
Challenges *How did the week go? What, if anything, needs to change?*		
Additional Notes		

Fun for FREE

Here's what I did for fun this week without spending money:

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Buy Nothing Month Challenge: Week 3

Dates: _____		
Transactions *Which categories did you spend money in? How much was spent for each?*	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Total Spent This Week	$_____	
Category Balances *How much money remains to be spent in each of your allotted categories?*	CATEGORY: AMOUNT REMAINING: ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Accomplishments *Did you stay on track? How did you avoid temptation to spend?*		
Challenges *How did the week go? What, if anything, needs to change?*		
Additional Notes		

Fun for FREE

Here's what I did for fun this week without spending money:

❑ _____
❑ _____
❑ _____

Buy Nothing Month Challenge: Week 4

Dates: _____		
Transactions *Which categories did you spend money in? How much was spent for each?*	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Total Spent This Week	$_____	
Category Balances *How much money remains to be spent in each of your allotted categories?*	CATEGORY: AMOUNT REMAINING: ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____	❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____ ❑ _____
Accomplishments *Did you stay on track? How did you avoid temptation to spend?*		
Challenges *How did the week go? What, if anything, needs to change?*		
Additional Notes		

Fun for FREE

Here's what I did for fun this week without spending money:

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