

30-DAY NO SPEND CHALLENGE

Cash Clarity Finance

HOW IT WORKS:

- ✓ Check off each day you successfully complete without unnecessary spending
- ✓ Focus only on essentials: groceries, bills, and planned expenses
- ✓ Track your wins and build momentum toward financial freedom

✓ ESSENTIAL SPENDING ALLOWED

Groceries • Utilities • Rent/Mortgage • Planned Bills • Medical Needs

✗ NO SPENDING ON

Dining Out • Entertainment • Impulse Purchases • Online Shopping • Coffee Runs

TRACK YOUR PROGRESS

DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>	DAY 5 <input type="checkbox"/>
DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>	DAY 8 <input type="checkbox"/>	DAY 9 <input type="checkbox"/>	DAY 10 <input type="checkbox"/>
DAY 11 <input type="checkbox"/>	DAY 12 <input type="checkbox"/>	DAY 13 <input type="checkbox"/>	DAY 14 <input type="checkbox"/>	DAY 15 <input type="checkbox"/>
DAY 16 <input type="checkbox"/>	DAY 17 <input type="checkbox"/>	DAY 18 <input type="checkbox"/>	DAY 19 <input type="checkbox"/>	DAY 20 <input type="checkbox"/>
DAY 21 <input type="checkbox"/>	DAY 22 <input type="checkbox"/>	DAY 23 <input type="checkbox"/>	DAY 24 <input type="checkbox"/>	DAY 25 <input type="checkbox"/>
DAY 26 <input type="checkbox"/>	DAY 27 <input type="checkbox"/>	DAY 28 <input type="checkbox"/>	DAY 29 <input type="checkbox"/>	DAY 30 <input type="checkbox"/>