

NO-SPEND-MONTH

PROGRESS CALENDAR

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7 **WEEK 1 ALL DONE!**

DAY 8 DAY 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14 **WEEK 2 PUSH ON THROUGH!**

DAY 15 DAY 16 DAY 17 DAY 18 DAY 19 DAY 20 DAY 21 **WEEK 3 NO SPENDING SPREE!**

DAY 22 DAY 23 DAY 24 DAY 25 DAY 26 DAY 27 DAY 28 **WEEK 4 NOT MUCH MORE!**

DAY 29 DAY 30 DAY 31 **YOU DID IT!**