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NO-SPEND MONTH

MONTH	WHY I AM DOING THIS	SAVINGS GOAL	WHERE THE MONEY GOES

❑ 1	❑ 2	❑ 3	❑ 4	❑ 5	❑ 6	❑ 7
❑ 8	❑ 9	❑ 10	❑ 11	❑ 12	❑ 13	❑ 14
❑ 15	❑ 16	❑ 17	❑ 18	❑ 19	❑ 20	❑ 21
❑ 22	❑ 23	❑ 24	❑ 25	❑ 26	❑ 27	❑ 28
❑ 29	❑ 30	❑ 31				

ALLOWED (ESSENTIALS)

NOT THIS MONTH

What I skipped

Date	Skipped	Amount
Not spent		