

No-Spend *November*

Tick a day when you only spent on your essentials. Spent on something else? Note it on page 2 and keep going.

ESSENTIALS I'LL PAY FOR

NOT BUYING THIS MONTH

PLANNED EXCEPTIONS

NOVEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						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						

WEEK	MOVED TO SAVINGS	RUNNING TOTAL
Week 1 (1-7 Nov)		
Week 2 (8-14 Nov)		
Week 3 (15-21 Nov)		
Week 4 (22-30 Nov)		

[illegible]