No-Buy *January* 2027

One small action a day. Color the circle on every day you buy nothing extra. Bills, rent, groceries, gas and medicine are always allowed.

31 days. One fresh start.

SUN	MON	TUE	WED	THU	FRI	SAT
					1 ○ Write your rules	2 ○ List your 3 triggers
3 ○ Delete 1 shopping app	4 ○ Unsubscribe from 5 sale emails	5 ○ Check your subscriptions	6 ○ Cook at home	7 ○ Pantry meal	8 ○ Free fun night	9 ○ Week 1 check-in
10 ○ Remove saved cards	11 ○ Try the 48-hour rule	12 ○ Pack your lunch	13 ○ Library day	14 ○ Move today's savings	15 ○ Use what you have	16 ○ Week 2 check-in
17 ○ No-spend weekend	18 ○ Walk instead of scroll	19 ○ Cancel 1 subscription	20 ○ Borrow, don't buy	21 ○ Mute 3 sale accounts	22 ○ Clean out a closet	23 ○ Week 3 check-in
24 ○ Plan next month	25 ○ Free workout	26 ○ Review your want list	27 ○ Cook a big batch	28 ○ Write a note, not a gift	29 ○ Count your savings	30 ○ Week 4 check-in
31 ○ Celebrate for free						

Always allowed

- Rent & bills
- Groceries
- Gas & transport
- Medicine

My exceptions

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_____

_____

Money not spent

Add what you didn't buy.

$ _____