No-Buy January 31-Day Tracker

One month of buying only what you need. Tick a box for every no-buy day.

The one rule: Want something? Write it down. Don't buy it. On February 1, read the list.

Your 31 days

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				

Wanted it. Didn't buy it.

Money Gotchas (the book) ;)

On February 1: cross out everything you don't want anymore. That's money you kept.