Piggy Pact

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30-Day No-Spend Challenge for Couples

Start any day. Only the essentials for 30 days, and save what you'd have spent.

Us: _____ & _____ **Saving toward:** _____

Still on

- Rent, bills and insurance
- Groceries (bring a list)
- Getting to work, medicine
- Birthdays you'd already planned

Paused for 30 days

- Takeout and delivery
- Coffee and drinks out
- Online shopping, new clothes
- Anything you didn't plan for

Our own rules: _____ **We started on:** _____

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

Colour in your circle each day you keep it.
Slipped? Shade it lightly and keep going.

What we didn't spend

Week 1	Week 2	Week 3	Week 4	Week 5	Total
$	$	$	$	$	$

Our reward for finishing: _____

Doing it on your phones? There's a free app for that.
Check in each day, cheer each other on, and watch your savings go to a goal you share.
piggypact.com/c/shopping-pause