No Spend November 2026

Cross off each day you spend nothing outside your allowed list. Gold days are free rewards: write them in before November 1. Anything you want goes on the 48-hour list; buy it on December 1 if you still want it.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 🎁 Reward:
8	9	10	11	12	13	14 🎁 Reward:
15	16	17	18	19	20	21 🎁 Reward:
22	23	24	25	26 Thanksgiving	27 Black Friday	28
29	30 🎁 Cyber Monday · last day Reward:					

Still allowed

Waits until December

48-hour list (item, date)

No-spend days: ___ / 30

Normal spend per day: $

Kept this month: $