

ShaneG

ADHD Money Coach

5 Day No Spend Challenge Worksheet

Planned Spending Week of July 28

1	
2	
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11	
12	

Outcome:

Triggers:

Day 1 July 28		
Day 2 July 29		
Day 3 July 30		
Day 4 July 31		
Day 5 Aug 1		

	Only Planned Spending
	Minor Impulsive Spending
	Major Impulsive Spending

Go to shaneg.coach for additional ADHD Money Resources

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5 Day No Spend Challenge Worksheet

Planned Spending Week of July 28

- 1 Groceries
- 2 Mortgage
- 3 Massage Membership
- 4 Natural Gas Bill
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

Outcome:

Triggers:

Day 1 July 28		
Day 2 July 29		
Day 3 July 30		
Day 4 July 31		
Day 5 Aug 1		

	Only Planned Spending
	Minor Impulsive Spending
	Major Impulsive Spending