

30 DAYS Challenge Calendar with Weekly Reminders

Day 1 ■	Day 2 ■	Day 3 ■	Day 4 ■	Day 5 ■	Day 6 ■	Day 7 ■
W1: Awareness & Reset — read 5–10 pages, track every expense, note triggers						
Day 8 ■	Day 9 ■	Day 10 ■	Day 11 ■	Day 12 ■	Day 13 ■	Day 14 ■
W2: Restraint — 24-hour pause rule, habit stacking, share one win						
Day 15 ■	Day 16 ■	Day 17 ■	Day 18 ■	Day 19 ■	Day 20 ■	Day 21 ■
W3: New Rewards — temptation bundling, pick 1 healthy dopamine source						
Day 22 ■	Day 23 ■	Day 24 ■	Day 25 ■	Day 26 ■	Day 27 ■	Day 28 ■
W4: Solidify & Share — review savings, define 3 keystone habits, share results						
Day 29 ■	Day 30 ■					
W5: Reflect & Plan — set next no-buy category, keep what worked						