

FREE TRACKER

# 30-Day No-Buy Challenge Tracker

Track your triggers. Watch your savings grow. Prove  
you're in control of your money.

---

THE CLARITY RESET METHOD

BESTOFMOTIVATION.COM

# How to Use This Tracker

This tracker follows the 5-Step Clarity Reset Method. Fill in your setup below, then use the daily pages to log every urge you resist. The goal isn't perfection — it's awareness.

1

## Define Your Why

Write your reason below. Read it every morning. This is your anchor when temptation hits.

2

## Separate Essentials from Wants

Fill in the two lists below. Be honest — most people discover 40–60% of spending is non-essential.

3

## Set Your Timeline

Circle your commitment below. Start with 30 days. Extend if it feels right.

4

## Remove the Triggers

Before Day 1: unsubscribe from promo emails, delete shopping apps, unfollow "buy this" accounts.

5

## Track, Reflect, Adjust

Each day, log what you didn't buy, the trigger, and the cost. Watch your "saved" total climb.

### ✦ MY WHY

---

---

---

### ✓ ESSENTIALS (ALWAYS OK)

---

---

---

---

---

---

### ✗ PAUSED (NOT NOW)

---

---

---

---

---

---

### My Commitment

30

Days — Quick Reset



90

Days — Deep Change



365

Days — Full Reset



Day 1

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 2

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 3

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 4

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 5

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 6

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 7

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

TOTAL SAVED

BIGGEST TRIGGER

HARDEST DAY

WIN OF THE WEEK

Day 8

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 9

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 10

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 11

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 12

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 13

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

Day 14

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

Date: \_\_\_\_\_

TOTAL SAVED

BIGGEST TRIGGER

HARDEST DAY

WIN OF THE WEEK

Day 15

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 16

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 17

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 18

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 19

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 20

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 21

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

TOTAL SAVED

BIGGEST TRIGGER

HARDEST DAY

WIN OF THE WEEK

Day 22

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 23

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 24

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 25

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 26

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 27

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 28

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 29

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Day 30

Date: \_\_\_\_\_

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

30-DAY TOTAL SAVED

#1 TRIGGER PATTERN

BIGGEST LESSON