

# Weekly Check-in

## Week 1

How are you feeling about  
"No Spend Challenge"?

Are you still motivated?

What was your biggest  
obstacle this week?

What changes will you make  
to reach your goals next  
coming week?

## Week 2

How are you feeling about  
"No Spend Challenge"?

Are you still motivated?

What was your biggest  
obstacle this week?

What changes will you make  
to reach your goals next  
coming week?

"Every time you push through failure there's  
always a prize for you on the other side."  
– Barbara Corcoran

# Weekly Check-in

## Week 3

How are you feeling about  
"No Spend Challenge"?

Are you still motivated?

What was your biggest  
obstacle this week?

What changes will you make  
to reach your goals next  
coming week?

## Week 4

How are you feeling about  
"No Spend Challenge"?

Are you still motivated?

What was your biggest  
obstacle this week?

What changes will you make  
to reach your goals next  
coming week?

"If I've learned one thing in this life it's this:  
even if you lose, don't lose the lesson."  
- - Daymond John