CLOSED

30-day no-takeout challenge

SAVE MONEY · LOSE WEIGHT

MY KITCHEN CLOSES AT _____ PM

MY USUAL ORDER COSTS $ _____

I START ON _____

Every night you don't order delivery or takeout, color in a circle. At the end of each week, write down what you saved.

WEEK 1	1	2	3	4	5	6	7	SAVED $ _____
WEEK 2	8	9	10	11	12	13	14	SAVED $ _____
WEEK 3	15	16	17	18	19	20	21	SAVED $ _____
WEEK 4	22	23	24	25	26	27	28	SAVED $ _____
LAST 2	29	30						THEN ADD IT ALL UP ON YOUR RECEIPT ↓

When I want to order, I will:

Plan it now, while you're not hungry. Something you can do in ten minutes.

_____

_____

Hardest night of my week:

_____

KITCHEN CLOSED

30-DAY CHALLENGE RECEIPT

NIGHTS CLOSED _____ / 30

ORDERS SKIPPED _____

YOU SAVED $ _____

THANK YOU FOR NOT ORDERING

LOCK DOORDASH AND UBER EATS AT NIGHT: **KITCHEN CLOSED**

GETKITCHENCLOSED.COM