

No Spend Challenge



Start Date: _____

End Date: _____



































1| What's your goal?

2| Rules (e.g. allowed spending)

3| Habits to cut

No Spend Challenge

SUN MON TUE WED THU FRI SAT

Free *Activities*



- Game night
- Exercise
- Go to a new park
- Learn a new skill
- Clean out your pantry
- Head to the library
- Declutter your home
- Have a picnic
- Go for a walk
- Read a book
- Visit friends
- Do yard work
- Go swimming
- Bake
- Do your budget
- Volunteer
- Bike ride
- Movie night
- DIY project
- Take online surveys
- Wash your car
- Start a side hustle
- Have a garage sale
- Plan a vacation
- Play with your kids
- Have a camp fire
- Visit a free museum
- Camp in your backyard