

30 DAY
No SPEND
CHALLENGE

NO SPEND TRACKER

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

SAVINGS

NO SPEND IDEAS

FOR FAMILIES

- GO ON A BIKE RIDE
- BUILD A FORT/DEN
- BAKE COOKIES
- PLAY BATTLESHIPS
- HAVE A SCAVENGER OR TREASURE HUNT
- MAKE AND DECORATE COOKIES
- VISIT A FREE MUSEUM
- GO ON A PHOTO CHALLENGE WALK
- PLAY CARDS AND BOARDGAMES
- LEARN A NEW SKILL
- HAVE A GARAGE SALE
- VISIT AN ART GALLERY
- READ TOGETHER
- MAKE BANANA SPLITS
- HAVE A MOVIE MARATHON
- STARGAZE IN THE BACKYARD
- PAINT OR DRAW TOGETHER
- HAVE A DANCE COMPETITION
- PLAY DRESS-UP
- WATCH THE CLOUDS
- GO TO THE LIBRARY
- TRY A NEW RECIPE TOGETHER
- PLAY HIDE AND SEEK
- MAKE INDOOR OR OUTDOOR S'MORES
- MAKE AND FLY KITES
- PLAY VIDEO GAMES
- DO SOME GARDENING
- ORGANISE YOUR PAPERWORK
- TAKE A NAP
- WATCH THE SUNRISE/SUNSET
- WASH YOUR CAR
- START LEARNING A NEW LANGUAGE
- PLAN YOUR MENU FOR THE WEEK
- CLEAN OUT THE PANTRY
- PLAY CUPCAKE WARS
- HAVE A LIVING ROOM PICNIC
- LEARN HOW TO JUGGLE
- TIE-DYE CLOTHES
- DECLUTTR YOUR HOME
- VOLUNTEER YOUR TIME
- EXPLORE A LOCAL PARK
- GO HIKING
- DRAW SIDEWALK ART
- HAVE A BONFIRE
- CATCH FIREFLIES
- PLAY CHARADES
- LISTEN TO A PODCAST
- START A JOURNAL
- FEED THE DUCKS AND BIRDS
- MAKE BUCKET LISTS
- TRY GEOCACHING
- BUILD PUZZLES
- WRITE LETTERS TO FAMILY
- BIRDWATCH
- PLAY CHESS
- WATCH A DOCUMENTARY
- LOOK AT OLD PHOTOS
- MAKE A TIME CAPSULE
- PLAY MINUTE TO WIN IT