

## 30-Day No-Spend Challenge - Daily Task Planner

- Day 1: Unsubscribe from marketing emails
- Day 2: Cook all meals at home
- Day 3: No social media scrolling - read instead
- Day 4: Review and cancel unused subscriptions
- Day 5: Create a meal plan using pantry items
- Day 6: No spend on transportation - walk or bike
- Day 7: Do a home cleaning challenge (no spending)
- Day 8: Review your bank statements
- Day 9: DIY something instead of buying
- Day 10: No online shopping today
- Day 11: Invite friends for a no-cost hangout
- Day 12: Try a free workout or yoga at home
- Day 13: Reuse or repurpose something old
- Day 14: Write down 3 financial goals
- Day 15: No takeout - cook your favorite meal
- Day 16: Declutter and consider selling items
- Day 17: Watch a documentary on saving/investing
- Day 18: Use only cash for the day
- Day 19: No coffee shop visits
- Day 20: Have a zero-tech afternoon
- Day 21: Read or listen to a finance podcast
- Day 22: Re-check your subscriptions again
- Day 23: Invite family for a game night
- Day 24: Try a new free hobby
- Day 25: Journal what you've learned so far
- Day 26: Go a full day without spending anything
- Day 27: Plan a budget for next month
- Day 28: Make a gratitude list instead of shopping
- Day 29: Watch a video about minimalism
- Day 30: Reflect on your progress and plan your next step