

FREE PRINTABLE RESOURCE

30-Day No-Buy Activity Calendar

One simple alternative per day — so you never
freeze when the urge to spend hits.

30

DAYS

30

ACTIVITIES

£0

COST

How This Calendar Works

Each day has one free or low-cost activity to replace the impulse to spend.

■ One Activity Per Day

Each day gives you a specific alternative to spending. Some take 5 minutes, some fill an afternoon.

■ Check It Off

Tick the checkbox when you complete each day. Visual progress keeps momentum high.

■ Track Savings

Log what you would have spent each week. Watch the total grow on the tracker page.

■ Repeat or Adapt

Finished all 30? Restart with your favourite activities or create your own alternatives.

The No-Buy Ground Rules

- ✓ Essential spending is still allowed — groceries, bills, transport, medicine
- ✓ Non-essential spending gets replaced with a free activity instead
- ✓ If you slip up, don't restart — just keep going from the next day
- ✓ Remove saved payment methods and unsubscribe from promo emails
- ✓ Wait 48 hours before any "must-have" purchase — most urges pass
- ✓ Tell someone you're doing this — accountability doubles completion rates
- ✓ Journal one sentence each evening: "Today I didn't buy ____"

Days 1–10

Tick each box when completed. One activity per day — no spending required.

DAY 1



Declutter One Drawer

Find 5 items to donate or bin. Clear space, clear mind.

DAY 2



Cook With What You Have

No groceries. Create a meal from items already in your kitchen.

DAY 3



30-Minute Walk

No headphones. Just walk and observe your surroundings.

DAY 4



Unsubscribe Blitz

Remove yourself from 10+ marketing emails in one sitting.

DAY 5



Write a Gratitude List

List 10 things you already own that bring you genuine joy.

DAY 6



Library Visit

Borrow a book, magazine, or audiobook — entertainment for free.

DAY 7



Free Workout

YouTube yoga, bodyweight HIIT, or a jog. Zero equipment needed.

DAY 8



Call a Friend

Replace scrolling and shopping with real human connection.

DAY 9



Digital Detox Evening

No screens after 7 PM. Read, sketch, or play a board game.

DAY 10



Audit Subscriptions

List every recurring payment. Cancel anything unused in 30 days.

Days 11–20

Keep the momentum. You're one-third of the way through.

DAY 11



Restyle Your Wardrobe

Create 3 new outfits from clothes you already own.

DAY 12



Plan Next Month's Budget

Set realistic spending limits for each category before the month begins.

DAY 13



One-Room Reset

Reorganise one room entirely. Move furniture, create zones, refresh the space.

DAY 14



Skill Practice Session

Spend 30 minutes practising something you're learning or want to improve.

DAY 15



Write a Letter

Write a real letter to someone who matters. Handwritten, no shortcuts.

DAY 16



Nature Reset

Spend 1 hour outdoors — park, beach, woods. No phone browsing.

DAY 17



DIY Spa Night

Hot bath, face mask from kitchen ingredients, candles you own.

DAY 18



Learn Something Free

Watch a free course, TED talk, or documentary on a new topic.

DAY 19



Deep Clean a Space

Deep clean one room or area. Rearrange furniture for a fresh feel.

DAY 20



Start a Free Journal

Use any notebook you have. Write 3 pages — stream of consciousness.

Days 21–30

The home stretch. You've built the muscle — now finish strong.

DAY 21



Volunteer or Help

Give time instead of money — help a neighbour or donate items.

DAY 22



No-Spend Game Night

Board games, card games, charades — entertainment that costs nothing.

DAY 23



Inventory Your Pantry

List everything. Plan this week's meals using only what's there.

DAY 24



Create Something

Draw, paint, write, build — use materials you already have at home.

DAY 25



Review Bank Statement

Highlight every non-essential purchase from last month. Total it up.

DAY 26



Photo Walk

Use your phone camera. Photograph 10 beautiful things around you.

DAY 27



Teach Someone Something

Share a skill, recipe, or tip with someone who'd benefit from it.

DAY 28



Screen-Free Morning

No phone, laptop, or TV until noon. Notice how you feel.

DAY 29



Future-Self Letter

Write to yourself 6 months from now. What do you want to remember?

DAY 30



Celebrate Without Spending

You did it. Mark the moment with a homemade meal or walk in nature.

Weekly Savings Tracker

Log what you would have spent each week. Watch your total grow.

Week	What I Almost Bought	Would Have Spent	Running Total
Week 1		£	£
Week 2		£	£
Week 3		£	£
Week 4		£	£
Total		£	£

TARGET SAVINGS

£

Your 30-day goal

ACTUAL SAVED

£

Final total

HARDEST DAY

Day

Biggest temptation

STREAK

 / 30

Days completed

End-of-Challenge Reflection

What surprised me most about this challenge?

The spending habit I'm most likely to change?

My favourite free activity from this challenge?

What will I do with the money I saved?
