



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 activity to replace the impulse to spend.

## 1 One Activity Per Day

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

## 2 Check It Off

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

## 3 Track Savings

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

## 4 Repeat or Adapt

Finished all 30? Restart with your favourites 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
- ✓ 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.



DAY 13

## One-Room Reset

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



DAY 14

## Skill Practice Session

Spend 30 minutes practising something you want to improve.



DAY 15

## Write a Letter

Write a real letter to someone who matters. Handwritten.



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.



DAY 19

## Deep Clean a Space

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



DAY 20

## Start a Free Journal

Use any notebook. 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 — free entertainment.



DAY 23

**Inventory Your Pantry**

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



DAY 24

**Create Something**

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



DAY 25

**Review Bank Statement**

Highlight every non-essential purchase from last month.



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.



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 it with a homemade meal or nature walk.

# 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		£	£
<b>Total</b>		£	£

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?

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The spending habit I'm most likely to change?

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My favourite free activity from this challenge?

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What will I do with the money I saved?

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