

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		£	£
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?
