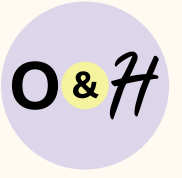
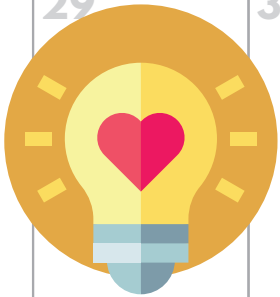


October *No-Spend* Ideas

A month of fun ideas that cost little to nothing

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Make coffee at home and put what you'd have spent at the coffee shop in a savings jar.	2 Message a group chat a fun summer memory photo and get a conversation going.	3 Have a 'fall outfit catwalk' in your bedroom.
4 Have a taco night using leftovers or foods you have in your pantry.	5 Reminisce about teachers who inspired you with friends or family.	6 Have a 'noodles & leftovers' dinner challenge for National Noodle Day.	7 Go for a walk on your school run, commute, or lunch break, if possible.	8 Watch a genre of TV show or movie you've never watched before.	9 Have a game night with board games you have at home.	10 Make a list of 15-minute no-screen activities and try a few.
11 Learn a practical skill, like creating a budget or checking tire pressure on the car.	12 Walk or drive to a point of interest in your town you've never been to.	13 Watch a science documentary.	14 Make a dessert with items in your pantry.	15 Go on a photo walk in your neighborhood.	16 Play 'guess what the word means' by randomly flicking through a dictionary.	17 Volunteer in your local area.
18 Play Pictionary.	19 Make a list of monthly subscriptions and play a 'pros and cons' whiteboard game to decide whether to keep or cancel.	20 Try a 15-minute bodyweight workout.	21 Have an 'arrange the fruit in the fruit bowl' photo competition.	22 Take a time-lapse video of the sunset from your backyard.	23 Find a free or community event in your local area.	24 Write down 'ways you can make a difference' and put the list on the refrigerator.
25 Have a trivia night.	26 Draw & cut out paper pumpkins for your windows.	27 Learn a card trick from an online video.	28 Carve, paint, or doodle on a low-cost or free pumpkin you can find.	29 Go for a neighborhood drive and take photos of fun Halloween decorations.	30 Have a Halloween movie night.	31 Dress up for Halloween using clothes and items you have at home.