

# Just Frugal Me Challenge

Choose 20 frugal tips to apply for 40 days and see how much you save!

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Make A Budget                    | <input type="checkbox"/> Freeze Your Credit Card in Ice         | <input type="checkbox"/> Shop Once a Week  |
| <input type="checkbox"/> Change Your Thermostat           | <input type="checkbox"/> Cut the Card!                          | <input type="checkbox"/> Invite Friends Over Verse Going Out                                     |
| <input type="checkbox"/> Ditch Paper Towels               | <input type="checkbox"/> Unsubscribe                            | <input type="checkbox"/> Plan Free Family Activities   |
| <input type="checkbox"/> Ditch Cable TV                   | <input type="checkbox"/> Meal Plan                              | <input type="checkbox"/> Turn Off the Light!   |
| <input type="checkbox"/> Budget Using Cash and Envelopes  | <input type="checkbox"/> Download Dosh                          | <input type="checkbox"/> Switch the Light  |
| <input type="checkbox"/> Save Your Loose Change           | <input type="checkbox"/> Don't Buy Bottled Water or Ice         | <input type="checkbox"/> Do Your Nails at Home   |
| <input type="checkbox"/> Line Dry Clothes                 | <input type="checkbox"/> Make a Grocery List                    | <input type="checkbox"/> Don't Buy Drinks  |
| <input type="checkbox"/> Pack Your Lunch                  | <input type="checkbox"/> Shop Around (Insurance)                | <input type="checkbox"/> Find Free Events  |
| <input type="checkbox"/> Shop and Travel with Groupon     | <input type="checkbox"/> Refinance Home                         | <input type="checkbox"/> Compare Airfare   |
| <input type="checkbox"/> Get Free Gift Cards              | <input type="checkbox"/> Audit Your Home Energy Use             | <input type="checkbox"/> Visit Our YouTube Channel Daily   |
| <input type="checkbox"/> Shop Around for the Best Price   | <input type="checkbox"/> Weatherproof Your Home                 | <input type="checkbox"/> Check with <a href="http://Justfrugalme.com">Justfrugalme.com</a> Daily |
| <input type="checkbox"/> Shop Thrift Stores               | <input type="checkbox"/> Keep the Sun Out                       |  |
| <input type="checkbox"/> Wait Before Making Big Purchases | <input type="checkbox"/> Use Less Water                         |  |
| <input type="checkbox"/> Stick to Your Budget             | <input type="checkbox"/> Cut Back on Detergent and Dryer Sheets |  |
|   | <input type="checkbox"/> Lower the Temperature                  |  |



Check off the days below to track your progress.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

Please visit [www.justfrugalme.com](http://www.justfrugalme.com) to share your experience in the comment section on this blog. I would love to hear from you. DON'T GIVE UP, YOU CAN DO IT!