

# OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Use <a href="#">Checkout 51</a> after you shop at the grocery store – it's couponing without clipping coupons!	<b>2</b> Make a <a href="#">DIY All-Purpose Cleaner</a> .	<b>3</b> Find two items in your home that you can sell for cash.	<b>4</b> Listen to Dave Ramsey's podcast.	<b>5</b> Check out some garage sales.
<b>6</b> Make a menu plan for the week ahead.	<b>7</b> Shop for markdowns at your grocery store.	<b>8</b> Sign up to <a href="#">Rakuten</a> so you can earn cash-back on your online purchases	<b>9</b> Something broke? Buy it used instead of brand new.	<b>10</b> Find a bill you can eliminate by cancelling a service you no longer 'need'.	<b>11</b> Plan a fun and free <a href="#">date night</a> .	<b>12</b> Stay home all day!
<b>13</b> Invite friends/family over for a fun game night.	<b>14</b> Happy Canadian Thanksgiving!  Eat only what you have on hand this week.	<b>15</b> <a href="#">Switch a disposable items for a reusable item</a> .	<b>16</b> Make a \$5 dinner.	<b>17</b> Drink only water today.	<b>18</b> Try shopping at a different grocery store.	<b>19</b> Have a No Spend Weekend.
<b>20</b> Set a big money goal.	<b>21</b> Have a no fast food week!	<b>22</b> Avoid all impulse buys.	<b>23</b> Set up auto transfer to your savings account on payday.	<b>24</b> Switch one brand to save money on groceries.	<b>25</b> Unsubscribe from a monthly subscription.	<b>26</b> Clean out a closet - Sell or donate what you don't need.
<b>27</b> Make a Halloween costume using things you already have.	<b>28</b> Pack your lunch every day this week.	<b>29</b> Pay extra on a loan payment.	<b>30</b> Eat leftovers for lunch today.	<b>31</b> Go trick or treating for some fun! 		