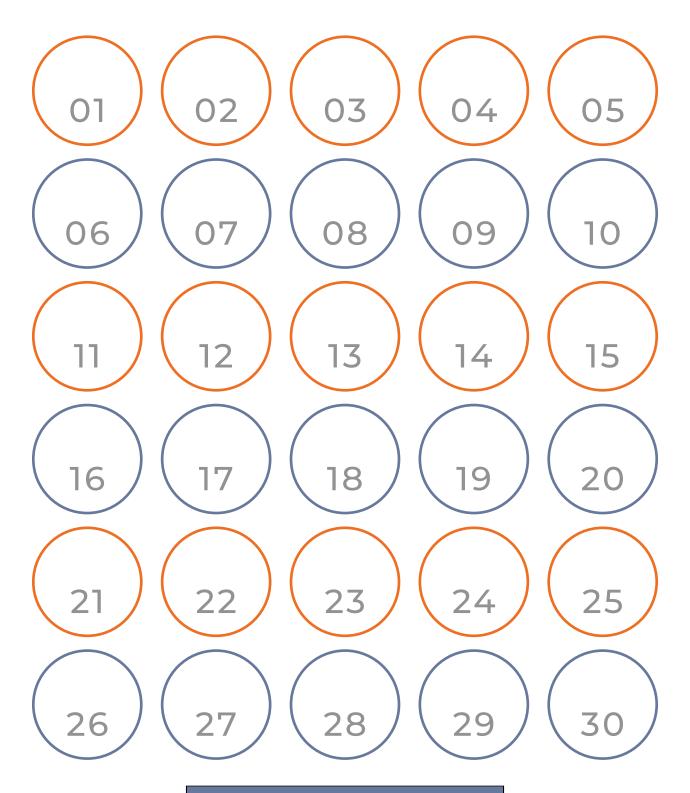
# 30 DAY SPEND CHALLENGE

NATURALBEACHLIVING.COM

## NO SPEND TRACKER



#### SAVINGS

## NO SPEND DEAS FOR FAMILIES

- O GO ON A BIKE RIDE
- O BUILD A FORT/DEN
- O BAKE COOKIES
- O PLAY BATTLESHIPS
- O HAVE A SCAVENGER OR TREASURE HUNT
- O MAKE AND DECORATE COOKIES
- O VISIT A FREE MUSEUM
- O GO ON A PHOTO CHALLENGE WALK
- O PLAY CARDS AND BOARDGAMES
- O LEARN A NEW SKILL
- O HAVE A GARAGE SALE
- O VISIT AN ART GALLERY
- O READ TOGETHER
- O MAKE BANANA SPLITS
- O HAVE A MOVIE MARATHON
- O STARGAZE IN THE BACKYARD
- O PAINT OR DRAW TOGETHER
- O HAVE A DANCE COMPETITION
- O PLAY DRESS-UP
- O WATCH THE CLOUDS
- O GO TO THE LIBRARY
- O TRY A NEW RECIPE TOGETHER
- O PLAY HIDE AND SEEK
- O MAKE INDOOR OR OUTDOOR S'MORES
- O MAKE AND FLY KITES
- O PLAY VIDEO GAMES
- O DO SOME GARDENING
- O ORGANISE YOUR PAPERWORK
- O TAKE A NAP

- O WATCH THE SUNRISE/SUNSET
- O WASH YOUR CAR
- O START LEARNING A NEW LANGUAGE
- O PLAN YOUR MENU FOR THE WEEK
- O CLEAN OUT THE PANTRY
- O PLAY CUPCAKE WARS
- O HAVE A LIVING ROOM PICNIC
- O LEARN HOW TO JUGGLE
- O TIE-DYE CLOTHES
- O DECLUTTR YOUR HOME
- O VOLUNTEER YOUR TIME
- O EXPLORE A LOCAL PARK
- O GO HIKING
- O DRAW SIDEWALK ART
- O HAVE A BONFIRE
- O CATCH FIREFLIES
- O PLAY CHARADES
- O LISTEN TO A PODCAST
- O START A JOURNAL
- O FEED THE DUCKS AND BIRDS
- O MAKE BUCKET LISTS
- O TRY GEOCACHING
- O BUILD PUZZLES
- O WRITE LETTERS TO FAMILY
- O BIRDWATCH
- O PLAY CHESS
- O WATCH A DOCUMENTARY
- O LOOK AT OLD PHOTOS
- O MAKE A TIME CAPSULE
- O PLAY MINUTE TO WIN IT

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