No Spend Month Fun Planner

One free idea per evening · keep a low-energy backup

Day	Free idea	Low-energy backup	Done
Monday			☐
Tuesday			☐
Wednesday			☐
Thursday			☐
Friday			☐
Saturday			☐
Sunday			☐

All 25 free ideas

☐ 1. Pantry meal with a twist	☐ 2. Themed dinner at home	☐ 3. 20-minute home reset
☐ 4. Game or puzzle you own	☐ 5. Rewatch a favorite	☐ 6. Make a playlist
☐ 7. Tomorrow list + kind note	☐ 8. Five phrases in a new language	☐ 9. Library how-to
☐ 10. One new pantry dish	☐ 11. Curious-topic reading	☐ 12. Creative skill practice
☐ 13. Declutter one drawer	☐ 14. Organize photos	☐ 15. Refresh a room
☐ 16. Mend or repair	☐ 17. Windowsill growing	☐ 18. Tea with a neighbor
☐ 19. Write a letter	☐ 20. Book or recipe swap	☐ 21. Help a neighbor
☐ 22. Slow evening routine	☐ 23. Read for pleasure	☐ 24. Music or audio story
☐ 25. Stretch and reflect		