

# 75 Frugal Living Tips Checklist

Patience is your friend

Meal Plan

Drink water

Shop Facebook & Craigslist

Only eat out a few times per month

Save on healthcare - shop around

Cut the cord on cable

Use the Library

Stay Healthy

Refill your soap bottle

# 75 Frugal Living Tips Checklist

Ride your bike

Cut your lotion bottle

Buy produce in-season

Use half (tooth paste, lotion, etc.)

Make your own cleaning products

Line dry clothing

Grow your own herbs

Find free things to do

Unplug electronics before you leave

Programmable Thermostat

# 75 Frugal Living Tips Checklist

- No fee banking
- Make coffee at home
- Refillable K-cups
- Negotiate bills
- Use coupons for things you already buy
- Use coupon apps - Ibotta
- Make a grocery list
- Only shop bi-weekly
- Check the unit price
- Buy store brand

# 75 Frugal Living Tips Checklist

- Take your own lunch
- Eat your leftovers
- Buy a frozen pizza for a no-cook night
- Use a Crockpot
- Don't smoke or drink
- Don't buy lotto tickets
- Refinance your mortgage
- Buy discount giftcards
- Prep Food (and freeze if needed)
- Pay off debt

# 75 Frugal Living Tips Checklist

Fix instead of tossing

Buy in bulk

Buy meat on sale and freeze

Use a deep freezer to stockpile

Buy use clothing

Cut your own fruit

Never buy a new car

Only buy dirty dozen organic

Be store loyal

Stick to a budget

# 75 Frugal Living Tips Checklist

Downsize

Batch errands

Stay away from sweets

Cheap gym membership (Planet Fitness)

Cancel subscriptions

Stop eating fast food

Use the clippers

Color your own hair

Do your own nails

Take care of your stuff

# 75 Frugal Living Tips Checklist

- Only wash clothes when dirty
- Two-week rule when buying a want
- Take credit card info out of online stores
- Take care of your teeth and floss
- Organize finances
- Bring your own bag
- Ditch paper products
- No spend week
- Use Youtube to fix car/house
- Replace lightbulbs with L.E.D.

# 75 Frugal Living Tips Checklist

Use the cash envelope system

Use your credit card for points

Eat vegetarian

Plan ahead

Forget your neighbors