

10 Everyday Habits of Frugal People - Printable Checklist

- ☐ Track every expense (use an app or notebook)
- ☐ Cook meals at home instead of dining out
- ☐ Check thrift stores or marketplaces before buying new
- ☐ Wait 24 hours before any non-essential purchase
- ☐ Try one DIY project this week (home, food, or gift)
- ☐ Use items to the last drop before replacing
- ☐ Cancel one unused subscription service
- ☐ Walk or bike instead of driving (at least once this week)
- ☐ Time a purchase around a seasonal sale or promotion
- ☐ Reflect on one thing you're grateful for each day