

Lifestyle Changes	N/A	Already Doing	Will Try
Cook at home as often as you can.			
Make your own coffee.			
Go to the matinee rather than the evening movies.			
Change the ingredients in the recipe to cheaper ones.			
Choose food that gives a lot of taste for little money.			
Serve water with meals.			
Rehang towels after showers to use more than once.			
Turn old clothes into usable rags.			
Walk, ride your bike, or carpool whenever possible.			
Get your books from the library.			
Get DVDs from the library.			
Agree to limit gift-giving.			
Take your lunch to work one more day a week.			
Sell something you no longer use			
Find 1-time income opportunities (work an event, pet sit, yard or house work, take a survey)			
Meal prep: make a large portion at the beginning of the week to have multiple meals prepared and freeze extra food for later use.			
Get a reduced bus pass and take public transportation to work.			