Bethlehem Lutheran Church Living it out

Choose a week and use this form to check off every activity you accomplish. The form is set up for a week and can be used as an individual challenge or as a family challenge. **Additional copies of the form are available at www.bethlehem-church.org.**

Living it out | TAKE THE FRUGAL CHALLENGE

FRUGAL ACTIVITIES

	Mon.	Tues.	Wed.	Thrs.	Fri.	Sat.	Sun.
FOOD AND EATING							
Prepare a 7-day menu plan	☐	☐	☐	☐	☐	☐	☐
Prepare meals based on the 7-day menu plan	☐	☐	☐	☐	☐	☐	☐
Eat leftovers for lunch	☐	☐	☐	☐	☐	☐	☐
Buy groceries from a list only	☐	☐	☐	☐	☐	☐	☐
Buy no take-out meals	☐	☐	☐	☐	☐	☐	☐
Use leftover paper napkins that don't match	☐	☐	☐	☐	☐	☐	☐
Eat food from your garden	☐	☐	☐	☐	☐	☐	☐
Drink filtered tap water instead of soda pop	☐	☐	☐	☐	☐	☐	☐
Brew coffee or tea at home	☐	☐	☐	☐	☐	☐	☐
Clip coupons	☐	☐	☐	☐	☐	☐	☐
Find and print coupons from internet sites	☐	☐	☐	☐	☐	☐	☐
Eat at home instead of in a restaurant	☐	☐	☐	☐	☐	☐	☐
UTILITIES/APPLIANCES							
Use a fan instead of air conditioning	☐	☐	☐	☐	☐	☐	☐
Set air conditioning temperature to 80 degrees	☐	☐	☐	☐	☐	☐	☐
Unplug appliances when not in use	☐	☐	☐	☐	☐	☐	☐
MISCELLANEOUS							
Use the library instead of buying books, CDs, videos	☐	☐	☐	☐	☐	☐	☐
Send handwritten notes/letters instead of cards	☐	☐	☐	☐	☐	☐	☐
Put pocket change in a special jar; count each week.	☐	☐	☐	☐	☐	☐	☐
Track all purchases and expenses for one week to demonstrate spending patterns	☐	☐	☐	☐	☐	☐	☐

Living it out | TAKE THE **GREEN** CHALLENGE

GREEN ACTIVITIES

Make a plan to demonstrate a green lifestyle

Use reusable cups instead of disposable ones

Use reusable lunch containers, bags and flatware

Recycle glass, plastic, metals

Drink filtered tap water rather than buy bottled water.

Use green transportation: bike, walk, carpool, mass transit.

Recycle paper

Compost kitchen and yard waste

Use blank sides of papers for notes

Turn the lights off when you leave a room

Replace incandescent lights with energy saving bulbs

Use reusable bags when shopping

Assign a cloth napkin to each member of your family and use it multiple times before washing

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Living it out | TAKE THE **GENEROUS** CHALLENGE

GENEROUS ACTIVITIES

Give more than money

Give away clothes you don't use or that don't fit

Match another person's gift, perhaps a child's

Pray for someone

Share a meal

Give someone a ride

Bring flowers to someone

Volunteer

Send a note to someone out of touch

Make a donation to honor an event or person

Share something of value (book, magazine, CD, toy)

Increase your next donation by 10%

Identify your top three values, make donations to causes that live out these values

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