

DAILY REMINDERS

The Budget Queen has put together a list of daily reminders to help keep you on track with The Budget Queen System. Feel free to adjust them to fit your schedule!

Daily Reminders

Monday's Reminders:

CHECK YOUR CASH: For those of you who are carrying cash for your expenses, give yourself a pat on the back, then check how much you have left for the week.

CLIP YOUR COUPONS: If you haven't already, clip your coupons today. Multi-task by clipping while watching TV, waiting in the Doctor's office, etc. Organize them so that they will be easy to find when you need them.

DRUG STORE DEALS: Have you been to the drug store yet to take advantage of those deals. If not, the sooner the better. The deals come out in the Sunday paper and the good ones go fast! So, be sure to hit the drugstores before everything is sold out! You can check out sites like www.couponmom.com to find a list of all of the deals in your area.

Tuesday's Reminders:

CHECK YOUR CASH: Check how much you have left for the week.

TABLOID TUESDAY: Check your mail for your grocery store sales ads, sit down with a marker, and circle the great deals.

Wednesday's Reminders:

CHECK YOUR CASH: Check how much you have left for the week.

CLEAN YOUR FRIDGE: Tomorrow is grocery day, so be sure to pull out all of those leftover science experiments and toss them in the trash. It wouldn't hurt to wipe down the fridge while your at it. Make room for your groceries.

MAKE YOUR MENU PLAN: Print out a [menu plan](#) and fill it up starting with the items you ALREADY have in your fridge, pantry, and freezer. Use your sales ads to complete the menu plan with things on sale.

CREATE A GROCERY LIST: Make a [grocery list](#) based on the few items needed to complete your menu plan for the week. Don't forget to add things that you will be stockpiling from sales.

ORGANIZE YOUR COUPONS: Browse through your [coupons](#) to see which ones you can use on your shopping trip. Put them aside in your purse to use when you get to the grocery store.

Thursday's Reminders:

CHECK YOUR CASH: Check how much you have left for the week.

GROCERY DAY: Today is grocery day! Don't forget your GROCERY LIST and COUPONS and SALES ADS for price matching!!

ERRAND DAY: Plan all of your errands for one day to save gas.

Friday's Reminders:

CHECK YOUR CASH: Check how much you have left for the week.

COMMUNITY CALENDER: Check community calendars online or in local papers to find free and inexpensive entertainment.

DATE NIGHT ON A DIME: It's date night! Be sure to schedule a free babysitter. Call your family and friends to see who would be willing to babysit for free or swap for something they want. Also check local papers for free or inexpensive entertainment. Be creative, it doesn't cost money to be romantic! How about a candlelight dinner in the park?

Saturday's Reminders:

CHECK YOUR CASH: Check how much you have left for the week.

FRUGAL FAMILY NIGHT: It's family night! Pop some popcorn, rent a movie from the Redbox or check one out from the library, and pick up some treats from the dollar store. Want to get out of the house? Check the local papers for free or inexpensive entertainment and be sure to pack the car with snacks and drinks before you leave. This will keep you from stopping for expensive fast food along the way.

Sunday's Reminders:

CHECK YOUR CASH: Check how much you have left for the week.

PICK UP THE PAPER: Grab the Sunday paper today, and check to make sure that all of the coupons are in there! There are always at least 2 booklets: Red Plum and Smart Source. On the last Sunday of the month, there is a third coupon booklet: Procter and Gamble.

DO YOUR DEALS: Get through all sales ads and circle what you intend to buy. Drug store deals are a must! You can find so many free items either with mail-in rebates or Extra Care Bucks. Take advantage of them today, because tomorrow they may be gone!

CLIP YOUR COUPONS: Multi-task by clipping while watching TV, waiting in the Doctor's office, etc. Organize them by category if possible to make them easier to find. Use a binder filled with baseball card pages or small accordion file.

