

Coupons Quick Reference Sheet

30-Day Couponing Plan (At-a-Glance)

Week 1 – Learn Basics: Pick one store, join loyalty program, download Ibotta/Fetch. Do 1–2 easy coupon + sale deals.

Week 2 – Add Stacking: Combine sales + coupons + rebates on 2–3 items. Learn coupon math.

Week 3 – Threshold Deals: Run “Spend \$30, get \$10” style promos. Use coupons to reduce OOP, but still hit reward threshold.

Week 4 – Build System: Make a buy-price list, stockpile top 10 items when cheap, track rewards and expiration dates.

How to Get Paid to Coupon (Money-Maker Steps)

1. Find a sale item.
2. Use manufacturer + store coupon.
3. Earn store reward (ExtraBucks, Walgreens Cash, Catalina).
4. Submit for rebate (Ibotta, Fetch, Checkout51, Shopkick).
5. Rewards + rebates > item cost = PROFIT.

Example: Toothpaste $\$2.99 \times 2 = \5.98

–\$2 coupons → \$3.98

–\$3 reward → \$0.98

–\$2 rebates → **–\$1.02 profit**