



Financial Freedom

- 75% of Americans are living paycheck to paycheck with little to no emergency funds or savings.
- Personal finance is only 20% head knowledge. The remaining 80% is behavior.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Take a day to prep meals for the week	3	4 Don't carry your credit/debit card with you. Put it away in the drawer.	5	6	7
8	9 Make a grocery list before heading out to the store	10	11 Hide the remote so you have to get up to change the channels	12	13	14
15	16 Try online grocery pickup to cut down on getting extra items at the store	17	18 Have a walking meeting instead of sitting at a table	19	20	21
22	23 Make a budget for your monthly expenses, setting aside cash for spending	24	25 Use the restroom that is farthest away	26	27	28
29	30	31	1	2	3	4

EATWell

Have at least one prepared meal per day from home



MOVEWell

Invite a friend to try an app or website for an "at home" workout



LIVEWell

Only use your allotted cash instead of a card for purchases

