

They say it takes just under ten weeks to form a habit — so we've made this financial habit tracker for you to practice making your money goals part of your routine.

Using this worksheet is simple:

- 1 **Fill out your daily, weekly, and monthly goals**
- 2 **Check the corresponding box every time you achieve your goal**

Hint: If you miss a goal, keep going! This isn't the type of challenge where you have to be perfect; you just have to give it your best shot.

Let us know how you did on your **70-Day Financial Health Challenge** by **tagging us** in progress posts on social media!

Tag us @JGWentworth



Having trouble thinking of goals?

Try these suggestions for saving, spending, and learning about financial health.*

DAILY

- ✓ Check my budgeting app
- ✓ Read an article about personal finance
- ✓ Take public transportation to work
- ✓ Pack lunch
- ✓ Make coffee at home
- ✓ Carpool with a friend

WEEKLY

- ✓ Make sure I'm on track with my budget
- ✓ Research free activities in my community
- ✓ Shop for produce at a farmer's market
- ✓ Work out at home instead of in a class
- ✓ Listen to a money podcast
- ✓ Eat out only once a week
- ✓ Look for coupons online
- ✓ Try a new, inexpensive recipe

MONTHLY

- ✓ Transfer money to my savings account
- ✓ Check in with my partner about money goals
- ✓ Put money into an investment account
- ✓ Host a night in instead of a night out
- ✓ Pay down high-interest debts
- ✓ Check my credit score
- ✓ Pay bills on time

*This information is being provided for educational and informational purposes only. Such information or materials do not constitute and are not intended to provide legal, accounting, or tax advice and should not be relied on in that respect. We suggest that You consult an attorney, accountant, and/or financial advisor to answer any financial or legal questions.

Monthly Goals	Month 1	Month 2	Month 3

Weekly Goals	1	2	3	4	5	6	7	8	9	10

