

5 DAY Money Fit Challenge

KICKSTART YOUR FINANCIAL FITNESS IN JUST FIVE DAYS

DAY ONE

Check your credit score. A credit score is your financial report card. It can affect the amount you will pay in interest rates, as well as employment and housing opportunities. Get your score and then work on a game plan to improve your score.

DAY TWO

Make a budget. Add up your monthly income and then subtract your bills and living expenses. Is there money left over? Are you in the red or the black? Take a hard look at where you are spending money and how much you could potentially save by making a few smarter choices with your money. Then, revise your budget and set monthly spending caps. Stick with it and you will spend smarter and save money.

DAY THREE

Start an emergency fund. Set up a savings account to be used for unexpected emergencies. Each month, put aside a set amount of money in this fund until you have at least a few months worth of income saved. This little fund will come in handy when one of life's unexpected surprises hit.

DAY FOUR

Get a debt reality check. Make a list of all of your debt including: student loans, credit cards, personal loans, lines of credit and any outstanding balances on your home and car. This may be an intimidating number, but it's also something you can begin to work at paying down. Start with the highest interest items, since those cost you the most in the long run.

DAY FIVE

Set one long term savings goal for this year and begin one new savings habit. Set a goal for the year for one item, whether it is a vacation or an anticipated new purchase. Then, make a commitment to implement at least one new savings strategy (like giving up an unnecessary expense) to help you save for this goal. You'll achieve your goal and flex your saving muscles!

Share with [#cfcumoneyfit](#)

