

# FINDING FINANCIAL WELLNESS CHALLENGE

Use this form to track your daily challenge activities. Follow your progress by totaling up your points each week. Remember to record all your entries online at [www.UBAWellnessWorks.com](http://www.UBAWellnessWorks.com) by **May 7**.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	TOTAL
						1	Week 1
						<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	_____
2	3	4	5	6	7	8	Week 2
<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	_____
9	10	11	12	13	14	15	Week 3
<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	_____
16	17	18	19	20	21	22	Week 4
<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	_____
23	24	25	26	27	28	29	Week 5
<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]	_____
30							Week 6
<input type="checkbox"/> [TS] <input type="checkbox"/> [PF] <input type="checkbox"/> [CC]							_____

**DAILY ACTIVITIES:** Check off every daily activity you complete and give yourself 1 point for each.

[TS] Keep track of your spending.

[PF] Learn something about personal finance.

[CC] Don't use a credit card.

## MONTHLY BONUS ACTIVITIES:

At the end of challenge on April 30, five additional activities will be available for bonus tracking. Check off every activity you complete during the month to earn 2 bonus points for each (maximum 10 points).

Set a monthly budget and stay within your budget.	_____
Pay monthly bills on time.	_____
Balance your checking account	_____
Set aside money into a savings account.	_____
Set aside money into a retirement account.	_____
<b>Monthly Bonus Points Total</b>	_____

Add up your Weekly + Monthly Bonus Totals for your TOTAL Challenge points:

If you have a medical condition or physical limitations, take daily prescribed medicines, are pregnant or are over the age of 65, you should consult your health care provider prior to beginning any of our programs. While these programs will be helpful for most people, they may not be optimal for everyone. If in doubt, consult with your health care team.