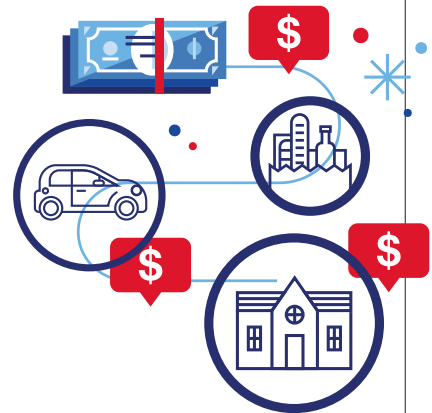


**CHECKLIST**

# 30-day adulting challenge

Tackle these financial wellness tasks over the next 30 days.



## Decide what drives you

- 1. Set your goals
- 2. Add purpose to your priorities

## Track your spending

- 3. Calculate monthly expenses
- 4. Tally annual account management fees
- 5. Jot down other yearly expenses
- 6. Summarize monthly spending

## Deconstruct your debt

- 7. Calculate your total debt
- 8. Add some debt detail

## Assess your assets

- 9. Average your monthly pre-tax income
- 10. List your savings and investment accounts

## Start taking action

- 11. Monitor progress
- 12. Commit to saving for the future
- 13. Set up auto bill pay (or calendar alerts)
- 14. Bundle up
- 15. Review your spending and debt habits
- 16. Commit to financial fitness