



Empower Yourself

30 Days to Better Finances

Keeping your finances top of mind is much easier with a daily tracker! We've put together a simple checklist that you can use every day to stay on top of your financial game.

<p>DAY 1</p> <p>Meal prep to save on groceries</p>	<p>DAY 2</p> <p>Put \$20 away for monthly debts</p>	<p>DAY 3</p> <p>Cancel unneeded subscriptions</p>	<p>DAY 4</p> <p>Restrict online shopping for the rest of the week</p>	<p>DAY 5</p> <p>Start a savings journal</p>	<p>DAY 6</p> <p>Talk to a friend about finances</p>	<p>DAY 7</p> <p>Write down a financial goal</p>
<p>DAY 8</p> <p>Look into retirement accounts</p>	<p>DAY 9</p> <p>Learn the basics about taxes</p>	<p>DAY 10</p> <p>Write down your monthly expenses</p>	<p>DAY 11</p> <p>Plan a free or low-cost activity</p>	<p>DAY 12</p> <p>Read a financial article</p>	<p>DAY 13</p> <p>Create an emergency fund</p>	<p>DAY 14 & 15</p> <p>DOUBLE DOWN Spend two low or no-cost days at home</p>
<p>DAY 16</p> <p>Buy from a secondhand store</p>	<p>DAY 17</p> <p>Check your credit score for free</p>	<p>DAY 18</p> <p>Avoid the coffee shop today</p>	<p>DAY 19</p> <p>Download a financial help app</p>	<p>DAY 20</p> <p>Explore your bank's financial tools</p>	<p>DAY 21</p> <p>Look into debt consolidation</p>	<p>DAY 22</p> <p>Dinner at home instead of eating out</p>
<p>DAY 23</p> <p>Shop with your cash back or rewards</p>	<p>DAY 24</p> <p>Learn about common money scams</p>	<p>DAY 25</p> <p>Walk or bike to save on gas</p>	<p>DAY 26</p> <p>Map out a major purchase</p>	<p>DAY 27</p> <p>Learn about budgeting systems</p>	<p>DAY 28</p> <p>Setup automatic transfers into a savings account</p>	<p>DAY 29 & 30</p> <p>DOUBLE DOWN Spend two low or no-cost days at home</p>