

# Financial Wellness Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1	Establish a budget for the week ahead.  <a href="#">Our Money Management tool can help!</a>	Find a financial accountability buddy.	Download the <a href="#">Zogo app</a> , create a profile, and complete one course.	Create an <a href="#">emergency fund</a> .	Pack your lunch today instead of eating out.	Discover how to automate your savings with a <a href="#">recurring transfer</a> .	Read one of our <a href="#">blog articles</a> .
week 2	Establish a budget for the week ahead.	Check your <a href="#">credit score</a> .	Complete a new Zogo course.	COUPON Use a coupon today.	Set up automatic bill payments.	Discover a new <a href="#">financial calculator</a> and test it out.	Save your money today and volunteer your time instead.
week 3	Establish a budget for the week ahead and plan for your no spend day tomorrow.	No spend day. Keep your wallet at home!	Complete a new Zogo course.	Create a debt management plan.	Explore a new <a href="#">digital banking feature</a> .	Give something up today. The money you would've spent, stash it away in your savings.	Audit your monthly subscriptions.
week 4	Establish a budget for the week ahead.  <a href="#">Add an extra budget line to donate to your favorite nonprofit this week!</a>	Choose your preferred media! Find a new financial podcast, book, etc. to dive into.	Complete a new Zogo course.	Evaluate the <a href="#">progress on your retirement goals</a> .	Use a coupon today.	Evaluate your <a href="#">credit card options</a> .	Do a financial check in. How did you do?  <a href="#">Set a reminder on your phone to do another check in next month.</a>