

Financial Fitness Challenge: April 2 - 30, 2014

Save 10 virtual dollars for each daily activity:

- Keep track of your total daily spending
- Avoid using a credit card

Max dollars you can save per day is 20

Save 20 virtual dollars for each weekly activity:

- Pay bills on time
- Balance your checking account

Max dollars you can save per week 40

Save 30 virtual dollars for each monthly activity:

- Set aside money into a savings account
- Set aside money into a retirement account

Max dollars you can save per month is 60

Goal = "save" 500 virtual dollars in four weeks

Last day to "save" virtual dollars is April 30.

Record all your activity on the wellness portal at www.KansasHealthQuest.com by May 7.

Complete the challenge to earn 5 credits for the HealthQuest Rewards Program.

Daily Activities	Wed 4/2	Thur 4/3	Fri 4/4	Sat 4/5	Sun 4/6	Mon 4/7	Tues 4/8	Total
Keep track of spending (10)								
Avoid using a credit card (10)								
	Wed 4/9	Thurs 4/10	Fri 4/11	Sat 4/12	Sun 4/13	Mon 4/14	Tues 4/15	Total
Keep track of spending (10)								
Avoid using a credit card (10)								
	Wed 4/16	Thurs 4/17	Fri 4/18	Sat 4/19	Sun 4/20	Mon 4/21	Tues 4/22	Total
Keep track of spending (10)								
Avoid using a credit card (10)								
	Wed 4/23	Thurs 4/24	Fri 4/25	Sat 4/26	Sun 4/27	Mon 4/28	Tues 4/29	Total
Keep track of spending (10)								
Avoid using a credit card (10)								
	Wed 4/30							
Keep track of spending (10)								
Avoid using a credit card (10)								

Weekly Activities	Week of 4/2-8	Week of 4/9-15	Week of 4/16-22	Week of 4/23-30	Total
Pay bills on time (20)					
Balance checking account (20)					

Monthly Activities	Month of April
Set aside money to savings (30)	
Set aside money to retirement (30)	

Record all activity on www.KansasHealthQuest.com by May 7 to earn 5 credits!

Note: Monthly activities can be completed at any time during the week, but must be logged on the portal during the final week of the challenge.

Total Daily Dollars Saved	_____
Total Weekly Dollars Saved	+ _____
Total Monthly Dollars Saved	+ _____
Total Virtual Dollars Saved	= _____