

FINANCIAL FITNESS WORKSHEET

INSTRUCTIONS

Below are a few questions to review to determine how you rate your financial fitness. Write a tally mark down for each statement that applies to you then look to see how you rated yourself in the explanation section.

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- I have enough money to pay all my bills each month.
 - I know exactly how much I spend each month.
 - I am on budget, and I follow it very closely.
 - I plan for periodic expenses and have the money on hand when I need it.
 - I know how much debt I have, including credit cards, mortgage, car loan, student loans, etc.
 - I have money set aside to cover at least a few months of living expenses if I lose my job or become disabled.
 - I know the interest rate and the finance charges for my loans and credit accounts.
 - Part of my income automatically goes to savings.
 - I contribute to a retirement account.
 - I have reviewed a copy of my credit report and know what my score is.
 - I pay more than the minimum payment on my credit cards and other credit accounts.
 - I have enough insurance coverage for myself and my family in the event of an emergency.
 - I review and balance my bank accounts on a regular basis.
 - I make sure I pay my bills on time to avoid late fees.
 - I have a will.
 - When it comes to investing, I understand how to diversify my money.
 - I know how much of my money goes toward taxes.
 - I keep my financial records organized and in a central location.
 - I have set clear and defined goals for my financial plan.
 - I know how to calculate my net worth and use that information to improve my finances.
 - I know how much my assets are worth.
 - I spend about 30 to 33 percent of my income on housing.
 - My credit score is 720 or higher.
 - I track my spending on a regular basis.
 - I am very confident with my financial skills, and I understand my finances and how they work.

CALCULATED RESULTS

The scoring model used is for educational purposes only. This exercise is only intended to help you get a better idea of whether you are financially fit and if you can improve in some areas.

If your score is 0 to 8: You may need additional help. Don't panic, it is never too late to take steps to make improvements to your finances.

If your score is 9 to 12: This is an indicator that financial difficulties may be looming. Now is the time to act and get back on track.

If your score is 13 to 16: Your financial skills are fair but could use some additional work to reach the goals you set for you and your family.

If your score is 17 to 20: You are doing a pretty good job and you might need just a little push to gain the financial fitness you are seeking to achieve.

If your score is 21 to 26: You can give yourself a pat on the back! You are keeping your finances fit and you are well on your way to achieving your financial goals.