

30 days to help drive greater financial wellness

WEEK 1: Covering the basics

Day 1 Money basics	Day 2 Save + spend tips	Day 3 Follow your dollar	Day 4 Prep for the unexpected	Day 5 Sidestep money mistakes	Day 6 Save on groceries	Day 7 Budget in retirement
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WEEK 2: Helpful ways to manage debt

Day 8 Know what you owe	Day 9 Pay down debt	Day 10 Credit card tips	Day 11 Improve your score	Day 12 Student debt must-knows	Day 13 Rent vs. buy?	Day 14 Save for travel
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WEEK 3: Small steps that can lead to big progress

Day 15 Taking control	Day 16 Balance priorities	Day 17 Start small	Day 18 Know the 3 A's	Day 19 Investing basics	Day 20 Build a strong foundation	Day 21 Grow your money
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WEEK 4: Making the most of your money

Day 22 Saving for the future you	Day 23 Benefits of consolidation	Day 24 Understand HSAs	Day 25 Discover 529s	Day 26 Social Security basics	Day 27 Market ups and downs	Day 28 Cope with high prices
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WEEK 5: Keep making progress

Day 29 Protect yourself	Day 30 Stay connected
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