














31 days of content to help drive greater financial wellness

S M T W T F S








WEEK 1: Covering the basics

1  Money basics	2  Save + spend tips	3  Follow your dollar	4  Prep for the unexpected	5  Sidestep money mistakes	6  Save on groceries
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




WEEK 2: Helpful ways to manage debt

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

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

21  Grow your money	22  Saving for the future you	23  Benefits of consolidation	24  Understand HSAs	25  Discover 529s	26  Social Security basics	27  Market ups and downs
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WEEK 5: Keep making progress

28  Cope with high prices	29  Protect yourself	30  Stay connected	31  Take the checkup
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JANUARY 2024