



30-Day Savings Challenge



CHALLENGE DESCRIPTION:

Saving money can sometimes feel hard, but breaking it down into small, daily steps makes it easier and more fun. This challenge helps you build a habit of saving money without feeling overwhelmed. It aligns with the guidance from the Financial Consumer Agency of Canada, which emphasizes the importance of setting achievable savings goals and developing a consistent savings habit.

This challenge can help you:

- **Building a Savings Habit:** You'll get used to saving a little bit every day, making it a regular part of your routine.
- **Achieving Financial Goals:** Whether you want to save for something special, build an emergency fund, or just have extra money for unexpected expenses, this challenge will help you get there.
- **Improving Financial Well-being:** Saving regularly can reduce stress and give you a sense of security and control over your finances.
- **Feeling Accomplished:** Completing the challenge will give you a sense of achievement and confidence in your ability to save money.

WHAT ARE THE BENEFITS OF SAVING?

- **Develops Discipline:** Saving a set amount each day requires discipline and consistency, which are key components of successful financial management.
- **Achieves Short-Term Goals:** By breaking down savings into daily steps, you can achieve short-term goals that contribute to long-term financial stability.
- **Encourages Mindful Spending:** This challenge makes you more aware of your spending habits, encouraging you to cut down on unnecessary expenses.
- **Provides a Financial Cushion:** The \$465 saved can serve as a cushion for unexpected expenses, reducing financial stress.
- **Boosts Confidence:** Successfully completing the challenge boosts your confidence in your ability to manage and grow your finances.
- **Engages Family and Friends:** This challenge can be a fun and interactive way to engage family and friends in a shared financial goal, fostering a supportive environment.

30-DAY SAVINGS

THE CHALLENGE

Welcome to the 30-Day Savings Challenge! Each day, you'll save a small amount of money, increasing the amount by \$1 every day. By the end of 30 days, you'll have saved a total of \$465. By participating in the 30-Day Savings Challenge, you're taking a proactive step towards better financial health. It's an easy, manageable way to start saving and build a strong foundation for your financial future. Give it a try and see the positive impact it can have on your financial well-being! Let's get started!

Activity Instructions:

Day	Amount to Save	Total Saved	Completion Check
1	\$1	\$1	
2	\$2	\$3	
3	\$3	\$6	
4	\$4	\$10	
5	\$5	\$15	
6	\$6	\$21	
7	\$7	\$28	
8	\$8	\$36	
9	\$9	\$45	
10	\$10	\$55	
11	\$11	\$66	
12	\$11	\$78	
13	\$11	\$91	
14	\$11	\$105	
15	\$11	\$120	

30-DAY SAVINGS

Activity Instructions:

Day	Amount to Save	Total Saved	Completion Check
16	\$16	\$136	
17	\$17	\$153	
18	\$18	\$171	
19	\$19	\$190	
20	\$20	\$210	
21	\$21	\$231	
22	\$22	\$253	
23	\$23	\$276	
24	\$24	\$300	
25	\$25	\$325	
26	\$26	\$351	
27	\$27	\$378	
28	\$28	\$406	
29	\$29	\$435	
30	\$30	\$465	

CHALLENGE COMPLETE!

Congratulations! By the end of Day 30, you've saved \$465. Great job! Keep up the good work and continue to build on your savings habits. Following this challenge not only helps you save money but also instills valuable financial habits recommended by financial experts.

Disclaimer: The information provided is for informational and educational purposes only and does not constitute financial advice. The suggestions are general guidelines and may not be suitable for individual financial situations. Before making any financial decisions, it is advisable to consult with a financial advisor. Teladoc Health is not responsible for any financial decisions made as a result of this information.



Congratulations on completing the **30-Day Savings Challenge**

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

