

Dear Webster County Health Participant:

Congratulations on enrolling in the FISCAL Fitness program! FISCAL Fitness is a unique 20-day incentive program that will make you more aware of your current spending and saving habits while emphasizing the important, yet often overlooked, relationship between your financial well being and your overall state of health and wellness.

Keep in mind that financial wellness isn't necessarily about how much money you make or have. It's about establishing a healthy relationship with money — achieving a comfortable balance between spending and saving. It's also about feeling financially secure and knowing you have enough to live comfortably today, tomorrow, and into the future.

Let's Get Started

Building a strong financial foundation requires planning and periodic assessments of whether or not you are on the path that will lead you to achieving your financial goals. **Begin on Monday, March 7th** with the Budgeting 101 worksheet. This self-assessment information will help you evaluate your present financial state and identify what is going well and what areas may need more attention.

You will then begin tracking your progress toward FISCAL Fitness on the enclosed FISCAL Fitness transaction ledger. Your goal is to complete at least 10 strategies in 20 days – if you complete more, all the better! There are five categories of activities. You can pick activities from each category or focus on one or two areas you feel are most important to your financial wellness. Record the activity and its value (dollar amount) in the transaction ledger. Your goal is to reach a balance of at least \$500 by **Saturday, March 26th**.

The Return On Investment

Return your completed Transaction Ledger to **Amy Porter, Human Resources** by **Wed. March 30th to earn your \$50 gift card from ISAC!** It "Just Makes Cents" to get started on the road to financial wellness today! Good luck!

Yours in Health,

The Webster County Wellness Committee – Angie Roderick, Amy Porter, Lindsay Kavanaugh, Andy McGill, Erin Ford, Tanya Martinson, Clark Fletcher