

30 DAY MONEY SAVING CHALLENGE

Financial Literacy Month



PICK 3-5 THINGS YOU WILL NOT SPEND MONEY ON FOR THE NEXT 30 DAYS.

SNACKS ON THE GO

TRAVEL

TAKE OUT/DELIVERY & RESTAURANTS

TOYS & GIFTS

ONLINE PURCHASES

COFFEE, TEA & HOT CHOCOLATE

CLOTHING & SHOES

ENTERTAINMENT

BOOKS & STATIONARY

BOTTLED DRINKS & ALCOHOL

BEAUTY PRODUCTS

OTHER: _____

WATCH YOUR SAVINGS GROW!



Tell us how you did! Share your story with wellnessatwork@uoguelph.ca.



IMPROVE LIFE.

