



# FREQUENTLY ASKED QUESTIONS...

**Want a quick overview of our latest wellness challenge? All the information you'll need to be successful is included below!**

## **WHO is the challenge designed for?**

This challenge is designed for those considering making meaningful financial changes to those who are already practicing healthful financial habits. The real emphasis of this challenge is on developing strategies to improve your financial standing and enhance your financial well-being.

## **WHAT is the challenge goal?**

The goal of every wellness challenge is to provide participants with the tools to make meaningful and healthful financial changes. This challenge focuses on implementing specific financial wellness strategies designed to help you begin (or continue!) building your personal nest egg and improve your financial well-being.

## **WHEN and WHERE do I need to complete activities?**

The activities focus entirely on financial well-being, so activities will be completed at any time you specify.

## **WHY is it important that I participate?**

Financial stress wreaks havoc on millions of

American households, resulting in a number of issues ranging from damaged personal relationships to physical effects like high blood pressure. Effectively managing finances can help in promoting an overall sense of health and well-being. The good news is, taking steps to improve your financial standing has been shown to give your overall sense of well-being a big boost.

## **HOW will my progress be tracked?**

You will be provided with a tracking form. Each time you perform one of the recommended financial planning activities, you will check off a box on your Tweet Tweet Tracking Card. To complete the challenge, you will perform activities in five categories designed to positively impact your financial well-being. You will return your Tweet Tweet Tracking Card to the challenge coordinator at the end of the challenge.

**“Wherever  
you are,  
be all  
there.”**