

JANUARY

FINANCIAL WELLNESS



EPIC WAY TO WELLNESS



FINANCIAL WELLNESS THROUGH BUDGETING

Utilize this chart to calculate your expenses for the month.

DATE	EXPENSE DESCRIPTION	BUDGET	ACTUAL
Ex: 1/22/20	Car Insurance	\$250	\$250
Monthly Total		\$250	\$250

- Was your monthly total over or under budget?
- What adjustments, if any, would you make moving forward in 2020?