

Financial Fitness Course

Overview: More Than Wheels Financial Fitness (FinFit) Course is an important element of the program. The course will empower you with the skills to take control of your finances. You will learn about budgeting and money management, understanding credit, paying yourself first, why staying healthy saves money, finding savings in your grocery cart, and general cost savings ideas and resources. You will develop your personal budget, which will guide you in selecting the reliable car that you can afford.

Course Description: Six two hour classes with weekly homework and optional special instructor assistance before classes begin every week. The course introduces personal financial practices and problem solving through goal setting, tools and methods for taking control of spending habits through exercises to recognize weaknesses and learn from them, understanding credit, and healthy life styles that blend in with achieving personal goals.

The Course uses proprietary worksheets developed to assist participants in tracking detailed income and expenses over the next five weeks allowing the use of personal data rather than text book examples to illustrate the points of the course. Group interaction and support is used to encourage all participants in making changes to their habits to achieve their goals.

Class 1: Introduction and Core Program

- Introductions, overview, and setting the stage for the 6 weeks
- Dreams & Goals exercise
- Creating a personal balance sheet – Financial freedom requires building net worth
- Creation of short term goals and action list
- Introduction of Money In Money Out worksheets and how they will be used for the 6 weeks
- Starting your own financial journal – keeping track of your thoughts, fears, accomplishments, obstacles.

Class 2: Stretch & Save

- Homework check – worksheets
- Time, skills, and energy can substitute for spending – learn how
- Considering Needs vs. Wants

- Ideas and strategies for saving money
- Pay yourself first – start your lifetime savings plan today
- Staying healthy saves money
- Resources & ideas for controlling expenses – share what works with others
- Frugal Fun – ideas for low cost or no cost entertainment

Class 3: The Balancing Act – Checking & Budgeting

- Homework check – worksheets
- Keys to successfully managing your checking account
- Tools and strategies for budgeting and record keeping
- Tracking your Financial Success

Class 4: Understanding Credit

- Homework check – worksheets
- Credit Card Dangers
- Credit reports – what they are and how to read them
- Credit Scores – what's in the score, how to increase your score, how the scores are used
- Fair Debt collection practices

Class 5: Food Economics

- Homework check – worksheets
- Find savings in your grocery cart and your kitchen – eating healthy
- Taste testing – is it really worth the price difference
- What do Food Safety and nutrition have to do with saving money?
- Resources for accessing nutritious food on a limited budget

Class 6: Critical Factors on Purchasing and Maintaining Your Car

- Final Homework check
- Reflections on recording spending month by month
- Total Cost of Car Ownership
- The Car Buying Process and Common Pitfalls
- Important Do's and Don'ts regarding transportation
- Worksheet Wrap-up
- Last class quiz
- Graduation