



Financial Fitness Quiz

1. What percentage of your income have you saved during the last six months?
 - a. 10 % or more
 - b. Less than 10%
 - c. None

2. How many times during the last six months have one of your credit cards or store cards reached it maximum limit?
 - a. None
 - b. One or two
 - c. Three or more

3. How many times during the last six months has one of your bank accounts been overdrawn?
 - a. None
 - b. One or two
 - c. Three or more

4. How many times during the last six months has a bill been paid late?
 - a. Three or fewer
 - b. Four to six
 - c. Seven or more

5. How many credit cards and/or store cards do you have for personal use?
 - a. Three or fewer
 - b. Four to six
 - c. Seven or more

6. If you lost your source of income, how many months could you provide for all of your basic needs and meet each of your financial obligations?
 - a. Three or more
 - b. One to three
 - c. Less than one

7. When a credit card or store card is used to make a purchase, how often is the entire balance paid the following month?
 - a. Always
 - b. Sometimes
 - c. Never

8. If a major appliance purchase or repair, auto repair, or home repair were suddenly required, what source of money would be used to pay for it?
 - a. Funds already on hand
 - b. Funds from available credit
 - c. No funds available without establishing additional credit

9. If you are single, how frequently during the last six months have you spent time reviewing your financial situation and making financial decisions? If you have a partner, how frequently during the last six months have you spent time with your partner reviewing your joint financial situation and making joint financial decisions?
 - a. Weekly
 - b. Monthly
 - c. Rarely to not at all

10. How many times during the last year have you spent time with your partner reviewing your retirement plan? If you're single, how many times have you spent time reviewing your own retirement plan?
 - a. One or more
 - b. None
 - c. Don't have a retirement plan

11. Have you created a written budget during the last 12 months?
 - a. Yes.
 - b. I have a budget, but it's not written out.
 - c. What budget? I once rented a car from Budget; does that count?

12. How often is a monthly budget used to manage household spending?
 - a. Almost always.
 - b. Sometimes.
 - c. Rarely to never.

13. What information do you most often use to determine if regular household purchases can be made?
 - a. The balance remaining in the budget.
 - b. The balance remaining in a bank account, credit card, or store card.
 - c. Little to no information – spending is so much easier if I don't think about it!

14. The insurance I have to cover the loss of major assets, including real estate, autos, and personal property is:
 - a. Enough to cover the replacement cost.
 - b. Less than enough to cover the replacement cost.
 - c. An amount that I'm unsure about or I don't have coverage.

15. The insurance I have to cover the loss of life is:
 - a. Enough to cover internment costs and adequately replace my income for remaining dependents.
 - b. Enough to cover internment costs but not enough to adequately replace my income for remaining dependents.
 - c. An amount I am unsure about or I don't have coverage.

16. The insurance I have to cover a disability is:
 - a. Enough to adequately replace my current income.
 - b. Less than enough to adequately replace my current income.
 - c. An amount that I'm unsure of or I don't have coverage.

17. The last time a major purchase was made, the primary consideration was:
 - a. The total purchase price relative to available funds.
 - b. The monthly payment relative to available monthly cash flow.
 - c. The monthly payment without a complete understanding of its impact.

18. Most major purchases are:
 - a. Planned and saved for.
 - b. Planned but not adequately saved for.
 - c. Unplanned and spontaneous – hey, they’re giving out free hotdogs at the local furniture store; let’s go check out the deals on big-screen TVs.

19. How often do you check to make sure you have adequate funds in your bank account(s)?
 - a. They usually don’t need to be checked because I always have adequate funds.
 - b. Weekly.
 - c. Almost daily.

20. How often are your issues related to finances the root of conflict in your household?
 - a. Rarely if ever.
 - b. A few times each month.
 - c. Frequently – we just installed a boxing ring in the family room right in front of the new big-screen TV!

21. How is your overall financial situation this year compared with last year at this time?
 - a. Better
 - b. About the same
 - c. Worse

22. When I think about my ability to meet future financial obligations for major items (like education or major purchases, etc.), I am:
 - a. Completely at ease
 - b. Moderately concerned
 - c. Very much concerned

23. When I think about my ability to meet future financial obligations and maintain an acceptable lifestyle at retirement, I am:
- Completely at ease
 - Moderately concerned
 - Very much concerned
24. My approach to personal financial management is:
- Proactive – most things are managed accordingly to a plan
 - Reactive – the squeaky wheel gets the grease
 - Avoidance – If I don't think about it, perhaps it will go away.
25. When I think about my level of personal financial fitness, I feel:
- Financially fit – I could keep running forever!
 - Moderate to weak - I really should get to the gym more often and use their membership I purchased a year ago, because I'm going to faint if I have to run much longer.
 - Desperate – where's the ambulance? I need to go to the emergency room now!

Scoring: Count the numbers of a, b, and c answers and follow the format below to calculate your score.

a. _____ x 1 = _____

b. _____ x 2 = _____

c. _____ x 3 = _____

Check your score according to the following key:

Score	Level of Financial Fitness
30 or less	Very High
31 to 50	High
51 to 70	Moderate
71 to 100	Low
101 to 125	Very Low

Understanding Your Score:

Very High: If your financial fitness score is “very high,” use your current financial plan to solidify your current health financial habits and behaviors. Continue to look for ideas to adopt methods of financial management that will ensure your continued financial fitness long into the future.

Moderate to High: If your financial fitness score is “moderate” to “high,” schedule a consultation with your financial strategist to look for new ways to increase your financial fitness. Much of what you are doing is placing you on the right path; with some additional adjustments, however, you can move to a higher level of financial fitness.

Low to Very Low: If your financial fitness score is “low” or “very low,” please schedule an appointment to learn and adopt the principles and methods that will assist you with developing new thought processes, behaviors, and habits. You need to place yourself on a new financial path, and your financial strategist will help you be successful with this objective.