

Financial Fitness Checklist

STEP 1: Awareness – Know Your Numbers



- I've tracked all my income sources
 - I've listed all my fixed and variable expenses
 - I reviewed 3 months of bank statements
 - I know my total debt (by type, balance, and interest)
 - I can identify where my money is being wasted
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STEP 2: Clarity – Set SMART Goals



- I've written down my short-, medium-, and long- term goals
 - Each goal is Specific, Measurable, Achievable, Relevant, and Time-bound
 - I've added target dates and review checkpoints
 - My goals are based on my values, not pressure from others
 - I can explain my goals clearly in one sentence
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STEP 3: Control – Master the Budget



- I have a realistic monthly budget
 - I track my spending weekly
 - I've identified and reduced impulsive purchases
 - I use a budgeting method (envelope system/app/spreadsheet)
 - I do a monthly money check-in
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STEP 4: Foundation – Emergency Fund



- I know how much 1–3 months of my essential expenses is
 - I have a separate savings account for emergencies
 - I've started saving towards this goal
 - I don't dip into this fund unless it's a real emergency
 - I feel more secure knowing I have a financial safety net
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STEP 5: Debt Detox – Eliminate Toxic Debt



- I've listed all my debts by amount, rate, and due date
 - I've chosen a payoff method (snowball or avalanche)
 - I've automated payments where possible
 - I avoid new unnecessary debt while I'm in repayment mode
 - I track my debt progress monthly
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STEP 6: Protection – Secure What Matters



- I have medical aid or hospital plan cover
 - I have life cover suited to my family's needs
 - I have disability and/or income protection cover
 - I have car and household insurance in place
 - I've reviewed all my insurance policies in the last 12 months
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STEP 7: Boost Cash Flow – Earn More



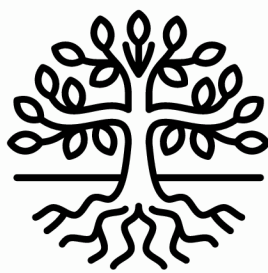
- I've explored ways to earn extra income
 - I've listed my skills, hobbies, or services I can monetise
 - I've sold or plan to sell unused items
 - I'm open to side hustles, freelancing, or small gigs
 - I use extra income to accelerate my financial goals
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STEP 8: Build Assets – Grow Wealth



- I understand the difference between assets and liabilities
 - I've started investing (even small amounts)
 - I know the basics of shares, ETFs, and retirement products
 - I reinvest returns to maximise compound growth
 - I review my investment progress annually
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STEP 9: Leave a Legacy



- I've written down my financial wishes
 - I have a plan for education, property, or generational wealth
 - I've talked to my family about my estate
 - I've considered setting up a trust or structured will
 - I've taught or shared financial knowledge with loved ones
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