



## Participant Tracker



**Instructions:** Give yourself 10 points for each day that each activity is performed. Week of: \_\_\_\_\_

Daily Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1. Visit a new page on the America Saves or eXtension Web sites								
2. Send a Twitter, Facebook, e-mail, or other electronic message to others about saving money								
3. Save required daily amount (or more) to complete the 5-Week Money Challenge (\$25-Week 1; \$35-Week 2; \$50-Week 3; \$65-Week 4; \$75-Week 5)								
4. Discuss saving or personal finance information with others								
5. Do something to save money (can be different things each day)								
6. Save a \$1 bill (or more) and/or loose change in a can or jar								
7. Invest \$5 (or more), including automatic deposits (e.g., 401(k)s)								
8. Track money spent throughout the day								
9. Eat lunch prepared at home instead of at deli or restaurant								
10. Learn something new related to personal finance (reading, Internet, media reports, etc.)								
ALTERNATIVE daily personal finance activity (substitute for ONE of activities #1 to #10 above)								

**Remember that you are on your honor to report accurately and every point counts! The maximum number of points per person per week is 700 (100 per day).**