

# \$1,000 Challenge

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**OPTION 1: 7-Day Rewards**

Days 1-6, 8-13, 15-20, 22-27: Save \$40 each day  
Days 7, 14, 21, 28 save \$10 (enjoy a \$30 treat)

**OPTION 2: Weekly Paycheck Savings**

Save \$10 each non-paycheck day  
Automatically transfer \$190 from each paycheck into emergency savings

**OPTION 3: Bi-weekly Paycheck Savings**

Save \$10 each non-paycheck day  
Automatically transfer \$370 from each paycheck into emergency savings



# \$1,000 Challenge: 7-Day Reward Plan

1  Save \$40 \$40	2  Save \$40 \$80	3  Save \$40 \$120	4  Save \$40 \$160	5  Save \$40 \$200	6  Save \$40 \$240	7  Save \$10 Treat Day \$250
8  Save \$40 \$290	9  Save \$40 \$330	10  Save \$40 \$370	11  Save \$40 \$410	12  Save \$40 \$450	13  Save \$40 \$490	14  Save \$10 Treat Day \$500
15  Save \$40 \$540	16  Save \$40 \$580	17  Save \$40 \$620	18  Save \$40 \$660	19  Save \$40 \$700	20  Save \$40 \$740	21  Save \$10 Treat Day \$750
22  Save \$40 \$790	23  Save \$40 \$830	24  Save \$40 \$870	25  Save \$40 \$910	26  Save \$40 \$950	27  Save \$40 \$990	28  Save \$10 Treat Day \$1,000

# \$1,000 Challenge: Weekly Paycheck Plan



# \$1,000 Challenge: Bi-Weekly Paycheck Plan

