

Let's Get Financially Fit!

If you're ready to sculpt your spending plan and get your savings in shape, here are five tips to strengthen your financial fitness.



CRUNCH THE NUMBERS

Analyze your income and expenses to know where your money is going.



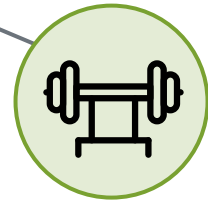
TRACK YOUR PROGRESS

Create a spending plan that prioritizes your current values and future goals.



STRETCH YOUR SAVINGS

Stay flexible through the unexpected with an emergency fund.



BENCH YOUR DEBT

Lift the weight of consumer debt by developing healthy credit habits.



BUILD ENDURANCE

Remember: Investing for retirement is a marathon, not a sprint – the sooner you start, the better.

Like physical exercise, working on your financial fitness can benefit your mental health. Contact a personal financial manager or counselor to be your personal trainer when "working out" new habits.



Download our mobile app, Sen\$e, for finances at your fingertips. Find it in the [Google Play](#) and [iOS](#) app stores.



As you reach new milestones and complete your service's financial readiness training, look to the Office of Financial Readiness and your service for additional resources.

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