



Does your wallet need a spot?

An emergency fund is the key to getting through tough times.

This week's workout: Save for Emergencies

- Be ready when things go sideways. From car repairs to broken cell phones, we all face unexpected expenses and financial emergencies.
- How do you push through? Simple: have a little money set aside.
- An emergency fund gives you the financial strength to adapt and overcome adversity.



Exercise 1

Warm up with at least \$1,000 in your emergency fund and keep saving until you have 3 to 6 months' worth of living expenses.

Exercise 2

Keep your emergency fund in a safe and accessible account that is separate from your everyday checking account.



Exercise 3

Strengthen your emergency fund with an automatic deposit or by selling unused items.

Exercise 4


Mix up your savings workout routine by trying these great [**tips to build an emergency fund.**](#)



Join us for 7 Wallet Workouts

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