



First Freedom Challenge and Homework

Session 1 - How Money Really Works | Participant Resource | Version 1.0

Privacy: Keep this resource for your personal use. Do not write account numbers, passwords, Social Security numbers, full birth dates, or other sensitive identifiers.

Seven-Day Spending Tracker

For seven consecutive days, record every purchase without judgment.

Day / Purchase or category / Amount / Planned or unplanned

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Freedom Challenge

One pattern I noticed: _____

One budget leak I will investigate: _____

My first emergency-fund action: _____

Education notice: FFES provides general financial education, not individualized investment, tax, legal, insurance, credit, mortgage, Social Security, Medicare, pension, or estate-planning advice. Rules and individual circumstances differ and can change.