

# 12•WEEK Savings CHALLENGE



A lot can happen in 12 weeks. Challenge yourself by choosing one of three savings plans outlined at right: classic, reverse, or constant. If you stick to the challenge, you'll be able to sock away a healthy total!

## **CLASSIC** (saving starts at \$10 and increases weekly by \$10)

This approach starts small with a \$10 deposit on week 1, \$20 on week 2, \$30 on week 3, etc. Every week, the deposit amount increases by \$10. It requires careful planning and discipline to continue increasing the savings, particularly in week 12 when the deposit amount is \$120.

## **REVERSE** (saving starts at \$120 and decreases weekly by \$10)

This approach starts big with a \$120 deposit on week 1, \$110 on week 2, \$100 on week 3, etc. Every weekly deposit is reduced by \$10, making it easier to save as the weeks go on. While this method yields a healthy balance from the start, it can be challenging to sustain high deposits up front and a balance that grows slowly. It requires an early investment and perseverance to see it through.

## **CONSTANT** (save a consistent \$65 per week)

This approach is the most balanced with a constant \$65 deposit per week throughout the 12-week period. It appeals to those who prefer consistency and order. You can easily set up weekly automatic transfers to a savings account and then forget about it.

[CLICK HERE TO DOWNLOAD THE SAVINGS CHALLENGE CALCULATOR »](#)

To help keep you on track to meet your savings goal, explore the Savings Tools and Resources from America Saves, a campaign coordinated by the nonprofit Consumer Federation of America (CFA) to help individuals save money, reduce debt, and build wealth. There, you can sign up for text reminders and helpful tips, take a savings self-assessment, and download a budget worksheet. Remember, savers who make a plan are twice as likely to save successfully.

  
be your best you.

Sources:

<https://americasaves.org/for-savers/savings-tools-and-resources>

<https://www.money-challenge.com/tools/52-week-money-challenge-printable-chart>