

Financial Fitness: Ways to Trim your Spending

If you can find ways to spend less, you might be able to borrow less – and in the future, pay back less. There are a lot of ways to reduce your spending – some are easy and some are a little more involved.

For example, love the coffee shop? By eliminating a \$4 cup of coffee three times per week, you can save \$624 per year!

Four years in college x \$624 = \$2496 in your pocket to put towards something else (like your student loans)!



Take a look at the list below and check the items that apply to you.* Estimate your yearly savings and then tally up the list.

Savings Ideas:	Enter Your Potential Yearly Savings
<input type="checkbox"/> Review your car insurance deductible. Increasing your deductible from \$250 to \$1,000 decreases the premium you pay each month.	_____
<input type="checkbox"/> Hit unsubscribe on all those emails. Marketing emails from your favorite stores catch your attention and persuade you to buy things you don't need. Clean up your inbox and save.	_____
<input type="checkbox"/> How often do you eat fast food? Eating out can cost you as much as \$12 per meal! Why not brown bag it? You could save money by bringing your lunch from home instead of eating fast food.	_____
<input type="checkbox"/> Negotiate your rate. Interest rates on your credit cards can be bargained down. If you can cut your interest costs on a \$5,000 balance, you will save big every month.	_____
<input type="checkbox"/> Avoid buying new textbooks. There are often cheaper copies you can rent or buy used. Be sure to check if the textbook is offered in a digital format, too. Your wallet will thank you.	_____
<input type="checkbox"/> Lose the latte. Skip your daily visit to the coffee shop (average of \$4 per visit), brew your coffee at home and filter your funds.	_____
<input type="checkbox"/> Buy in bulk with friends, and plan your meals out. Heading to a wholesale store with a list and sharing the cost with others is a great way to save big!	_____

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Savings Ideas:	Enter Your Potential Yearly Savings
<input type="checkbox"/> Do you really need all those video streaming services? By cutting your subscriptions from monthly bills you'll have additional cash for savings.	_____
<input type="checkbox"/> Go vintage and take advantage of online marketplaces. Buy and sell used clothes and household items online and at consignment shops to save big.	_____
<input type="checkbox"/> Search for promo codes online. There are a lot of promo codes out there you can apply to online orders. Before completing that purchase, take a look to see if you can save.	_____
<input type="checkbox"/> Hold out on haircuts. Try waiting 8 weeks instead of 6 weeks for a trim and pocket the extra cash.	_____
<input type="checkbox"/> The ATM fees get you every time. Find which ATMs don't charge you a convenience fee and only use those machines.	_____
<input type="checkbox"/> Get a roommate. Split the cost of rent, utilities and even groceries.	_____
<input type="checkbox"/> Consider your location. Whether renting or owning, housing costs often vary depending on where you live. By doing a little homework before you sign on the dotted line, you can trim your budget.	_____
<input type="checkbox"/> Get a discount at your favorite shop. Consider getting a side gig where you spend the most money to take advantage of an employee discount. The amount you save can make a big impact.	_____
<input type="checkbox"/> Find alternate transportation. By taking the bus, carpooling, or walking, you'll save big on gas and parking.	_____
Add the Amounts to Estimate Your Total Yearly Savings:	_____

*Cost examples are estimates.