

## FINANCIAL FITNESS

Financial Fitness involves youth teaching one another how to earn, spend, save, and protect money wisely.

**Financial Fitness** is a national FCCLA peer education program through which involving youth teaching one another how to earn, spend, save, and protect money wisely.

Through FCCLA's Financial Fitness program, youth plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers. Youth leaders can build their peers' financial literacy and teach them skills for managing their finances today and in the future.

- Inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning
- Create a national network of young people who use teen-to-teen communications to share information
- Provide teenagers with an opportunity to develop communication and leadership skills by being peer educators

Each youth-created Financial Fitness project relates to one of the following four (4) units:

### Financial Fitness Units

**Earning** – sharpen on-the-job financial fitness

**Spending** – track and plan personal spending

**Saving** – conquer bank accounts, credit, and investments

**Protecting** – keep financial and personal interests safe

### What's Inside

Chapter advisers can purchase the electronic Financial Fitness National Program for \$60 by visiting the FCCLA Portal E-Store. The program includes:

- 4 Comprehensive Units
- 8 Ready-to-Use Lesson Plans
- Over 175 Interactive Activities

### Classroom Impact

FCCLA's Financial Fitness program teaches students to manage their financial future. This resource helps students:

- Build financial literacy and smart money management habits.
- Understand the importance of saving and budgeting.
- Learn to make informed consumer decisions.
- Develop strategies for managing debt and credit responsibly.
- Plan for long-term financial security.

### Awards

FCCLA offers national recognition to chapters that complete Financial Fitness projects. This honor includes cash awards and special recognition at the National Leadership Conference, online, and in the FCCLA newsletter for the top chapters. Chapters apply online for recognition for their hard work and innovative projects with the national Financial Fitness Program Award Application available on the FCCLA national website under Awards.

### Financial Fitness cash awards

High School Award – \$1,000

Middle School Award – \$1,000

Runner-Up Award – \$500

### Deadlines

More information on deadlines can be seen on the National Programs page on the FCCLA website by scanning the QR code or by following the link below:

<https://fcclainc.org/engage/national-programs>

