

# Manage Your Financial Hygiene | Worksheet



## Matching

Match the definition in Column A with the term in Column B.

### Column A

- \_\_\_\_\_ Stealing someone's personal information
- \_\_\_\_\_ The use of someone's information to commit crimes
- \_\_\_\_\_ Plan for your monthly income
- \_\_\_\_\_ Spending more money than you make
- \_\_\_\_\_ Earning more money than you spend

### Column B

- a. Budget
- b. Positive Cash Flow
- c. Negative Cash Flow
- d. Identity Theft
- e. Fraud

## Multiple Choice

1. **Why is financial hygiene important?**
  - a. It will prevent unexpected circumstances.
  - b. It will help you maintain your budget.
  - c. It will keep you physically fit.
  - d. It will help you bring in more income.
2. **Why is negative cash flow undesirable?**
  - a. It could lead you into debt.
  - b. It could increase your personal wealth.
  - c. It could help you recognize fraud in your account.
  - d. It could improve your personal budget.
3. **How can you prevent identity theft from happening?**
  - a. Print out your credit report
  - b. Place your bills on auto-pay
  - c. Check your accounts frequently
  - d. Organize your receipts
4. **Which practice is essential for maintaining good financial hygiene and protecting against financial risks?**
  - a. Frequently changing bank accounts
  - b. Investing in a single stock
  - c. Reviewing and updating financial records
  - d. Using credit cards to track spending

## Application

You notice your bank account is getting lower each month and so you sit down to review your budget. Your income is \$850 per week. Analyze your list of expenses for the past week. Are you experiencing positive cash flow or negative cash flow? Circle any expenses you could reduce in order to achieve a healthier personal budget.



<b>Item</b>	<b>Expense</b>
Rent	\$250
Groceries	\$175
Coffee	\$30
Gym Membership	\$50
Utilities (Gas/Water)	\$75
Clothing	\$140
Dining Out	\$150
Cell Phone	\$60
	<b>\$930</b>

## Manage Your Financial Hygiene | Answer Key

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- d. Stealing someone's personal information.
- e. The use of someone's information to commit crimes.
- a. Plan for your monthly income.
- c. Spending more money than you make.
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### Application Answer

Coffee, gym memberships, clothing, and dining out are all items that may be considered non-essential expenses. Help students make choices in eliminating or reducing them in order to come below the \$850 budget.