



Financial Fitness is an FCCLA national peer education program that involves youth teaching one another how to make, save, and spend 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.

The goal of Financial Fitness is to inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning. Although the income of your typical teen is limited, they tend to spend a tremendous amount of money. This program will help students learn to manage their money wisely. Teens who learn to handle their finances will become adults who know how to manage their money in order to build better lives for themselves and their families and to strengthen the economy.

Financial Fitness Goals:

- 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.

Financial Fitness Units:

Each youth-created Financial Fitness project relates to one of the following five units:

- **Banking Basics** - Conquer bank accounts, credit, and investments
- **Cash Control** - Track and plan personal spending
- **Making Money** - Sharpen on-the-job financial fitness
- **Consumer Clout** - Become a savvy spender
- **Financing Your Future** - Apply financial skills to real life.

Awards:

FCCLA offers national recognition to chapters that complete FCCLA Financial Fitness projects and Family Economics and Financial Education (FEFE) projects. FCCLA and FEFE joined together with the goal of strengthening families by improving financial literacy. FEFE sponsors awards to encourage the use of FEFE curriculum materials to prepare members to plan, carry out, and evaluate FCCLA national Financial Fitness projects. These honors include cash awards and special recognition at the National Leadership Conference and in *Teen Times* magazine. Chapters apply online for recognition for their hard work and innovative projects with the National Financial Fitness and FEFE Program Award Application.

Financial Fitness cash awards include:

- High School Award - \$1,000
- Middle School Award - \$1,000
- Runner-Up Award - \$500

FEFE cash awards include:

- High School Winner - \$1,000
- High School Runner-Up - \$500

2009 Financial Fitness Award Winners:

- **High School Winner**
Enterprise High FCCLA, Oregon
Title: *"Feed the Pig"*
- **Middle School Winner**
Signal Knob Middle FCCLA, Virginia
Title: *"How Does it Work?"*
- **Runner-Up Winner**
Eleva-Strum Senior FCCLA, Wisconsin
 - Title: *"Spend and Save"*

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Financial Economics and Financial Education available: <http://fefe.arizona.edu/>