My Emergency Fund Goal

An emergency fund protects your family, reduces stress, and keeps you moving forward when life happens.

Month: ____________________

Date: ____________________

MY GOAL SUMMARY

My Emergency Fund Goal Amount	$____________
My Current Savings (Emergency Fund)	$____________
The Gap (Goal – Current Savings)	$____________
My Target Date to Reach My Goal	____________ (Month / Year)
Monthly Contribution I Need to Reach My Goal	$____________

CALCULATE YOUR MONTHLY TARGET

	Gap Amount	$____________
÷	Number of Months to Goal	____________
=	**Monthly Contribution Needed**	$____________

HOW MUCH DO I NEED?

A good goal is 3–6 months of essential expenses.

1. **Calculate your average monthly essential expenses.** List the essentials below.

ESSENTIAL EXPENSES	MONTHLY AMOUNT
Housing (Rent/Mortgage)	$
Utilities (Electric, Water, Gas)	$
Food	$
Transportation	$
Insurance (Health, Auto, Life)	$
Minimum Debt Payments	$
Other Essentials	$
TOTAL MONTHLY ESSENTIALS	$

2. **Multiply your total monthly essentials by 3 and 6.**

3 Months of Essentials (Minimum Goal) $____________

6 Months of Essentials (Stronger Goal) $____________

3. **Choose your goal.**

My Emergency Fund Goal (Choose your target above)

$____________

STAY COMMITTED. STAY PREPARED.

Life is unpredictable, but preparation gives you power and peace of mind.

WHY IT MATTERS

- ✓ Keeps you from relying on credit or loans
- ✓ Protects you from going backward
- ✓ Helps you handle emergencies with confidence
- ✓ Creates stability for you and your family
- ✓ Builds the foundation for wealth

I COMMIT TO MY GOAL

I will build my emergency fund one step at a time.

I commit to saving: $____________ each month.

My start date: ____________________

Signature: ____________________

WEALTH PRINCIPLE:

An emergency fund is not about how much money you have—it's about how prepared you are. Preparation today brings peace tomorrow.

"The prudent see danger and take refuge, but the simple keep going and pay the penalty." Proverbs 22:3 (NIV)

Milestone Tracker

Track your progress, celebrate your wins, and stay motivated on your journey to financial security.

Month: ____________________

Year: ____________________

MY EMERGENCY FUND GOAL

My Goal Amount	Target Date	My Monthly Contribution	Why I'm Building This Fund
$____________	____________ (Month / Year)	$____________	____________

MY MILESTONE TRACKER

MILESTONE	AMOUNT SAVED	DATE REACHED	PROGRESS	NOTES / WINS TO CELEBRATE
STARTER STEP $250	$__________	___/___/___	0%	____________
$500 Building Momentum	$__________	___/___/___	10%	____________
$1,000 Strengthening My Safety Net	$__________	___/___/___	25%	____________
1 MONTH OF EXPENSES	$__________	___/___/___	33%	____________
3 MONTHS OF EXPENSES	$__________	___/___/___	50%	____________
6 MONTHS OF EXPENSES Stronger Security	$__________	___/___/___	75%	____________
FULLY FUNDED! 6+ Months of Expenses	$__________	___/___/___	100%	____________

THIS MONTH'S PROGRESS

Amount I Saved This Month: $____________

My Total Saved So Far: $____________

Milestone I'm Working Toward: ____________

I'm feeling: ☐ Motivated ☐ Focused ☐ Challenged ☐ Blessed

CELEBRATE EVERY WIN!

Every dollar you save is a step toward peace of mind and financial freedom.

YOU'RE DOING AWESOME!

WEALTH PRINCIPLE:

Preparing today protects tomorrow.
Consistency builds security.
Discipline creates freedom.

SCRIPTURE FOCUS:

"The prudent see danger and take refuge,
but the simple keep going and pay the penalty."

Proverbs 22:3 (NIV)

Is It Really an Emergency?

Use this guide to make wise decisions and protect your emergency fund for true emergencies.

Date: ____________________

Situation / Expense: ____________________

STEP 1: PAUSE & THINK

Before spending from your emergency fund, answer these questions honestly.

	THE 5 EMERGENCY QUESTIONS	YES	NO
1	**Is it urgent?** Will this cause a serious problem if not handled soon?	☐	☐
2	**Is it unexpected?** Did this happen suddenly, with no time to plan?	☐	☐
3	**Is it necessary?** Is this something I must take care of to protect my health, safety, or basic needs?	☐	☐
4	**Is it out of my control?** Was this beyond my control and not caused by poor planning or choices?	☐	☐
5	**Can it wait?** If I wait a short time, will the problem get worse or cost me more?	☐	☐

STEP 2: YOUR RESULT

Count your "YES" answers.

4–5 YES ANSWERS
IT'S AN EMERGENCY.
This is likely a true emergency. It's okay to use your emergency fund.

2–3 YES ANSWERS
PROCEED WITH CAUTION.
This may be important, but not urgent. Explore other options before using your emergency fund.

0–1 YES ANSWERS
NOT AN EMERGENCY.
This is likely a want, not a need. Use a different savings goal or create a plan.

STEP 3: WHAT CAN I DO INSTEAD?

USE ANOTHER SAVINGS GOAL
Check your savings for planned expenses like vacation, birthdays or gifts.

LOOK FOR LOWER-COST OPTIONS
Can you find a less expensive way to solve this?

DELAY & PLAN
Can it wait? Create a plan and save for it instead of rushing.

ASK FOR HELP
Is there a family member, church, or community resource that can help?

INCREASE INCOME
Can you earn extra income to cover this without using your emergency fund?

STEP 3: MY DECISION & REFLECTION

My Decision:

- ☐ I will use my emergency fund.
- ☐ I will explore other options first.
- ☐ I will wait and create a plan.

Why?

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What lesson will I remember for next time?

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WEALTH PRINCIPLE:
Protect your emergency fund for true emergencies.
Discipline today brings peace tomorrow.

SCRIPTURE FOCUS:
"The prudent see danger and take refuge, but the simple keep going and pay the penalty."
Proverbs 22:3 (NIV)