

Small Steps to Health and Wealth Jeopardy Questions for a display Board or Jeopardy Game

The Answer is:

Generally recommended amount of savings that should be set aside for household emergencies.

Term given for the measure of household wealth that is calculated by subtracting debts from assets.

Example of an automated financial improvement strategy.

Type of tax-deferred employer retirement savings account.

Making just a small behavior change to improve health or wealth is a better alternative than doing this.

An example that illustrates the "Meet Yourself Halfway" behavior change strategy.

Device used to measure the amount of steps that a person walks per day.

A reason for tracking current eating and spending habits.

Example of a small step to improve health.

The Question is:

What is three to six month's expenses?

What is net worth (a.k.a., a balance sheet)?

What are payroll deductions for retirement Savings plans, automatic deposits for stock And mutual funds, and checking to savings Account transfers?

What are 401 (k), 403 (b), and 457 plans?

What is "doing nothing"?

What are: eating 1 cookie instead of 2, buying 3 lottery tickets instead of 6, taking half of a restaurant meal home (i.e., doing half of current practices)?

What is a pedometer?

What are: to understand current habits, to Acknowledge current problems, and to Identify potential behavior changes?

What are: Cutting portion sizes, sharing a restaurant entrée, baking food instead of frying, and 10 minute units of exercise?

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The Answer Is:

Example of an automated health improvement habit.

Number of extra calories per day that will result in a 10 pound weight gain in a year.

Example of a positive environmental influence to improve health.

Number of steps that the U.S. Dept. of Health and Human Services recommends that people walk per day.

Term given to the food industry trend of serving large portion sizes and “meal deals.”

The difference between the energy that people consume from food and the energy that they burn from physical activity.

Example of a small step to increase wealth.

The disadvantage of making minimum payments on a credit card.

The Question Is:

What are routine health screenings, “points” programs (e.g. Weight Watchers™) and programmed exercise routines (e.g. Curves™)?

What is 100 calories per day?

What are healthy cafeteria choices, walking “buddies”, refrigerator and microwave at work, buying healthy snacks instead of “junk food,” employer fitness program, etc?

What is 10,000 steps (about 5 miles)?

What is “super-sizing”?

What is energy balance?

What are: saving loose pocket change, saving \$1 a day, adding \$1 a day to credit card payments, and reduced discretionary spending?

What are high interest costs and long repayment period?

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The Answer Is:

Example of “small” (on a daily basis) expenses that add up over a month and could be decreased to save money and/or reduce debt.

The Question is:

What are fast food, lottery tickets, snacks, lattes, etc?

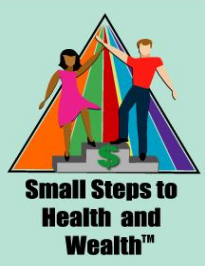
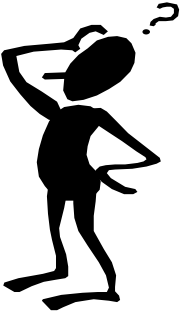
The process of earning interest on interest on small dollar amounts of savings to gradually increase wealth over time.

What is compound interest or compounding

Description of a person’s intended health or personal finance behavior change with a dollar amount and/or deadline date.

What is a goal?

Sample of how you can make up a display board with flaps for people to read the Jeopardy Answer and then lift up for the Question.

 <p>The Answer Is:</p> <p>Description of a person’s intended health or Personal finance behavior change with a dollar Amount and/or deadline date.</p>	 <p>The Question Is:</p> <p>What is a goal?</p>
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