# Money shock plan: the first 72 hours

Lost a job, a transfer from home delayed, or a big bill? Cut, ask and apply, step by step.

NAME _____ DATE _____

| Step | What I'll do | Done |
|---|---|---|
| List what's due in the next 30 days | | ☐ |
| Pause or cut non-essentials | | ☐ |
| Call landlord or lenders early to ask about a plan | | ☐ |
| Contact financial aid about emergency funding | | ☐ |
| Check campus food bank or pantry | | ☐ |
| Avoid payday loans | | ☐ |
| Tell family if they can help | | ☐ |
| Look for extra shifts | | ☐ |

MONEY I HAVE NOW _____ DUE IN 30 DAYS _____ GAP _____