



"Building a Strong Financial Future"

*"Credit Reports, Scores, and all
that fun stuff!"*





Step 1 – Create Goals

What is important to you?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

What are your specific goals?

Goal - _____

Amount needed for achievement - \$ _____

Desired achievement date - _____

Goal - _____

Amount needed for achievement - \$ _____

Desired achievement date - _____

Goal - _____

Amount needed for achievement - \$ _____

Desired achievement date - _____

Goal - _____

Amount needed for achievement - \$ _____

Desired achievement date - _____

Goal - _____

Amount needed for achievement - \$ _____

Desired achievement date - _____

Step 2 – Find Your Bottom Line

My Income

\$ _____ Wages
 \$ _____ Public Assistance
 \$ _____ Child Support/Alimony
 \$ _____ Interest/Dividends
 \$ _____ Social Security
 \$ _____ Other

\$ _____ **Total Income**

My Expenses

Fixed

\$ _____ Rent/Mortgage
 \$ _____ Property Taxes/Insurance
 \$ _____ Trash Collection
 \$ _____ Car Payment
 \$ _____ Car Insurance
 \$ _____ Credit Cards
 \$ _____ Student Loans
 \$ _____ Health Insurance
 \$ _____ Day Care/Elder Care

Flexible

\$ _____ Gas/Oil/Electricity
 \$ _____ Water
 \$ _____ Groceries
 \$ _____ Telephone/Cell Phone
 \$ _____ Gas/Parking/Tolls
 \$ _____ Cable TV/Internet Access
 \$ _____ Lunches/Dining Out
 \$ _____ Cigarettes/Lottery
 \$ _____ Vending Machines/Snacks
 \$ _____ Hair/Beauty
 \$ _____ Education
 \$ _____ Charitable Giving
 \$ _____ Personal Expenses
 \$ _____ Car Maintenance
 \$ _____ Savings

\$ _____ **Total Expenses**



Step 3 – Evaluate Your Spending

Day	What did I spend?
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	



Step 4 – Consider Adjustments

My Needs:

1. _____ \$ _____
2. _____ \$ _____
3. _____ \$ _____
4. _____ \$ _____
5. _____ \$ _____
6. _____ \$ _____
7. _____ \$ _____
8. _____ \$ _____
9. _____ \$ _____

\$ _____ **Total**

My Wants:

1. _____ \$ _____
2. _____ \$ _____
3. _____ \$ _____
4. _____ \$ _____
5. _____ \$ _____
6. _____ \$ _____
7. _____ \$ _____
8. _____ \$ _____
9. _____ \$ _____
10. _____ \$ _____

\$ _____ **Total**

Cut back on:

1. _____ \$ _____
2. _____ \$ _____
3. _____ \$ _____

\$ _____ **Total**



"Spending Habits"

(Check the ones you will use)

General:

- Don't spend your next raise. Have it direct deposited into savings
- If you pay off a loan, continue making those payments to your savings
- Return recyclables for a refund
- Have a portion of your earnings directly deposited into savings (you won't miss what you don't see)
- Empty pocket change each day and deposit it regularly
- Open a bank account and avoid check-cashing services
- Establish a rule for saving portions of cash gifts and bonuses (try to always save at least 50%)
- Download coupons from Rochestersaves.com

Food:

- Don't shop when hungry
- Shop by the unit price
- Buy groceries on a regular basis (weekly, biweekly, etc.) You will be able to track spending more effectively
- Avoid pre-prepared foods

Spending habits:

- Plan meals ahead
- Check prices at three different stores before making any large purchases
- Buy clothing out of season
- Determine realistic spending limits for holidays and birthdays (per person or total)
- Instead of buying gifts make something or perform a service

Other:

- Other: _____
- Other: _____

Sites:

www.thesimpledollar.com

www.doughroller.net

www.bankrate.com

"Spending Strategies"

Rent/Mortgage:

Amount to save:

- \$ _____ Find a roommate
- \$ _____ Investigate subsidized housing
- \$ _____ Refinance your mortgage
- \$ _____ Other _____

Transportation:

Amount to save:

- \$ _____ Use public transportation
- \$ _____ Walk when possible
- \$ _____ Carpool when possible
- \$ _____ Other _____

Food:

Amount to save:

- \$ _____ Use coupons
- \$ _____ Buy generic foods
- \$ _____ Use a shopping list
- \$ _____ Buy from a Farmers Market
- \$ _____ Other _____

Insurance:

Amount to save:

- \$ _____ Raise deductibles
- \$ _____ Apply for Medicaid
- \$ _____ Apply for Child Health Plus
- \$ _____ Other _____

Utilities:

Amount to save:

- \$ _____ Seal doors and windows
- \$ _____ Utilize a budget plan
- \$ _____ Utilize a timer

Entertainment:

Amount to save:

- \$ _____ Use free Internet access
- \$ _____ Cut back on cable TV
- \$ _____ Borrow movies from library
- \$ _____ Other _____

Personal:

Amount to save:

- \$ _____ Quit smoking
- \$ _____ Buy fewer lottery tickets
- \$ _____ Other _____
- \$ _____ Other _____

Banking:

Amount to save:

- \$ _____ Request low cost checking
- \$ _____ Utilize direct deposit
- \$ _____ Utilize online banking
- \$ _____ Other _____
- \$ _____ Other _____

Credit Obligations:

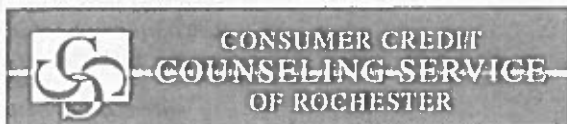
Amount to Save:

- \$ _____ Request lower interest rates
- \$ _____ Negotiate settlements
- \$ _____ Refinance
- \$ _____ Other _____

Other:

Amount to save:

- \$ _____ Use a calling card
- \$ _____ Use a pre-paid cell phone only
- \$ _____ Inflate tires properly



CONSUMER CREDIT
COUNSELING SERVICE
OF ROCHESTER

Consumer Credit Counseling Service of Rochester
1000 University Ave. Suite 900
Rochester, NY 14607
(585) 546-3440
www.cccsofrochester.org

"Increasing Income"

(Fill in the amount you could earn each month)

- _____ Have a yard sale
- _____ Have a side business
- _____ Sell crafts, etc. at the public market, I.E. _____
- _____ Perform a service, I.E. _____
- _____ Take on a second job, I.E. _____
- _____ Apply for EITC (advance or refund) – *C.A.S.H., 242-6500*
- _____ Sell items on Ebay – www.ebay.com
- _____ Create a blog and sell advertising
- _____ Edit Web sites
- _____ Provide community education
- _____ Rent out space/share your garage
- _____ Join an Individual Development Account (IDA) program - *Call local banks and credit unions*
- _____ Join a first time homebuyers program – *NHS 325-4170, Rural Opportunities 340-3384, The Home Store 325-4663*
- _____ Grow and sell vegetables/flowers
- _____ **Other:** _____
- _____ **Other:** _____

Sites:

www.bankrate.com

Step 5 – Find Your New Bottom Line

My Income

\$ _____ Wages
 \$ _____ Public Assistance
 \$ _____ Child Support/Alimony
 \$ _____ Interest/Dividends
 \$ _____ Social Security
 \$ _____ Other

My Expenses

Fixed

\$ _____ Rent/Mortgage
 \$ _____ Property Taxes/Insurance
 \$ _____ Trash Collection
 \$ _____ Car Payment
 \$ _____ Car Insurance
 \$ _____ Credit Cards
 \$ _____ Student Loans
 \$ _____ Health Insurance
 \$ _____ Day Care/Elder Care

Flexible

\$ _____ Gas/Oil/Electricity
 \$ _____ Water
 \$ _____ Groceries
 \$ _____ Telephone/Cell Phone
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 \$ _____ Vending Machines/Snacks
 \$ _____ Hair/Beauty
 \$ _____ Education
 \$ _____ Charitable Giving
 \$ _____ Personal Expenses
 \$ _____ Car Maintenance
 \$ _____ Savings

\$ _____ **Total Income**

\$ _____ **Total Expenses**



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Step 6 – Create a Cash-Flow Tool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step 7 - Create A Savings Plan

What is the total amount you can commit to savings?

Monthly = \$ _____ **Weekly** = \$ _____ **Daily** = \$ _____

Goal #1 - _____

Amount needed for achievement - \$ _____

Plan - Commit \$ _____

Every _____

Achievement date = _____

Goal #2 - _____

Amount needed for achievement - \$ _____

Plan - Commit \$ _____

Every _____

Achievement date = _____

Goal #3 - _____

Amount needed for achievement - \$ _____

Plan - Commit \$ _____

Every _____

Achievement date = _____

Goal #4 - _____

Amount needed for achievement - \$ _____

Plan - Commit \$ _____

Every _____

Achievement date = _____

experian

Report Number 2818573907	Index: - Potentially Negative Items - Accounts in Good Standing - Requests for Your Credit History - Personal Information - Your Personal Statement(s)
Personal Credit Report from Experian for John Q. Consumer	
Report Date: 04/12/00	

Report number:
You will need your report number to contact Experian online, by phone or by mail.

Index:
Navigate through the sections of your credit report using these links.

Potentially Negative Items [back to top](#)

Potentially negative items:
Items that creditors may view negatively. It includes the creditor's name and address, your account number (shortened for security), account status, type and terms of the account and any other information reported to Experian by the creditor. Also includes any bankruptcy, lien and judgment information obtained directly from the courts.

Credit Items

BNBUSA/COMPUSA

Address:
P O BOX 15519
WILMINGTON, DE 19850

Account Number:
7001306000461...

Status:
open/past due 30 days, \$20 past due as of 8-1998

Status Details:
As of 8-2005, this account is scheduled to go to a positive status.

Date Opened: 10/1997
Reported Since: 10/1997
Date of Status: 08/1998
Last Reported: 08/1998

Type: Revolving
Terms: NA
Monthly Payment: 10
Responsibility: Individual

Credit Limit/Original Amount: \$3000
High Balance: \$3193
Recent Balance: \$0 as of 08/30/1998
Recent Payment: 3193

CHEVY CHASE FED SAV BANK

Address:
8202 PRESIDENTS COURT
FREDERICK, MD 21701

Account Number:
5407301009807...

Status:
open/past due 60 days, \$96 past due as of 8-1998.

Status Details:
As of 7-2005, this account is scheduled to go to a positive status.

Date Opened: 11/1995
Reported Since: 12/1995
Date of Status: 08/1998
Last Reported: 08/1998

Type: Revolving
Terms: NA
Monthly Payment: 131
Responsibility: Joint

Credit Limit/Original Amount: \$1500
High Balance: \$1798
Recent Balance: \$0 as of 08/15/1998
Recent Payment: 1798

Status details:
Indicates when information will be removed from your credit history.

CITIBANK PREFERRED VISA

Address:
P O BOX 6500
SIOUX FALLS, SD 57117

Account Number:
4271382104687...

Status:
account charged off/past due 150 days, \$8,486 written off in 8-1998. \$1,538 past due as of 8-1998.

Status Details:
This account is scheduled to continue on record until 1-2005.


Date Opened: 01/1997
Reported Since: 01/1997
Date of Status: 05/1998
Last Reported: 08/1998

Type: Revolving
Terms: NA
Monthly Payment: 0
Responsibility: Individual

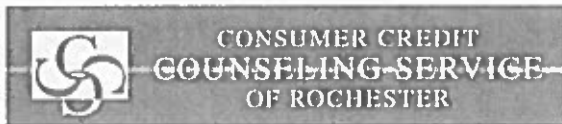
Credit Limit/Original Amount: \$8000
High Balance: \$8486
Recent Balance: \$0 as of 08/30/1998
Recent Payment: 8486

Account History:
Between 3-1998 and 4-1998, your credit limit/high balance was \$8,000

Balance History:
\$8337 04/1998
\$8171 03/1998


If you believe information in your report is inaccurate, you can dispute that item quickly, effectively and cost free by using Experian's online dispute service located at:

www.experian.com/disputes
Disputing online is the fastest way to address any concern you may have about the information in your credit report.



Accounts in Good Standing 5 [back to top](#)

BB & B

Address: 2035 WEST 4TH STREET TEMPE, AZ 85281
 Account Number: 138300759...

Status: open/never late. Status Details:

Date Opened: 10/1997
 Reported Since: 10/1997
 Date of Status: 10/1997
 Last Reported: 12/1997
 Type: Revolving 6
 Terms: NA
 Monthly Payment: 0
 Responsibility: Individual
 Credit Limit/Original Amount: NA
 High Balance: \$Unknown
 Recent Balance: \$0/paid as of 12/1997
 Recent Payment: 0

Accounts in good standing:

Lists accounts that have a positive status and may be viewed favorably by creditors. Some creditors do not report to us, so some of your accounts may not be listed.

Type:

Account type indicates whether your account is a revolving or an installment account.

MACYS NJ NY

Address: 9111 DUKE BLVD MASON, OH 45040
 Account Number: 335646403...

Status: closed/never late. Status Details: This account is scheduled to continue on record until 4-2005.

Date Opened: 09/1994
 Reported Since: 02/1996
 Date of Status: 04/1998
 Last Reported: 04/1998
 Type: Revolving
 Terms: NA
 Monthly Payment: 5
 Responsibility: Individual
 Credit Limit/Original Amount: \$500
 High Balance: \$75
 Recent Balance: \$0 as of 04/1998
 Recent Payment: 75

Creditor's statement regarding this item: Account closed at credit grantor's request.

Requests for Your Credit History 7 [back to top](#)

MBNA AMERICA/CREDIT

Address: 400 CHRISTIANA RD MS7009 NEWARK, DE 19713
 Date of Request: 09/1998

CITIBANK

Address: 670 MASON RDGE CTR MS761 SAINT LOUIS, MO 63141
 Date of Request: 03/1998

ADVANTA NATIONAL BANK

Address: 650 NAAMANS ROAD CLAYMONT, DE 19703
 Date of Request: 12/1997

PROVIDIAN BANCORP

Address: PO BOX 9120 PLEASANTON, CA 94566
 Date of Request: 05/1997

Requests for your credit history:

Also called "inquiries", requests for your credit history are logged on your report whenever anyone reviews your credit information. There are two types of inquiries.

- i. Inquiries resulting from a transaction initiated by you. These include inquiries from your applications for credit, housing or loans. They also include transfer of an account to a collection agency. Creditors may view these items when evaluating your creditworthiness.
- ii. Inquiries resulting from transactions you may not have initiated but that are allowed under the FCRA. These include preapproved offers, as well as for employment, investment review, account monitoring by existing creditors, and requests by you for your own report. These items are shown only to you and have no impact on your creditworthiness or risk scores.

Personal Information 8 [back to top](#)

For your protection, the Social Security number you used to obtain this report is not displayed.

Names:
John Q. Consumer
Jonathon Q. Consumer
J.Q. Consumer

Social Security Number Variations:
999999999

Date of Birth:
09/03/1954

Spouse's First Name:
Jana

Employers:
DEBAJ ENGINEERING CORP

Address: 123 MAIN STREET
ANYTOWN, MD 90001-9999
Type of Residence: Multifamily
Geographical Code: 0-156510-31-8840

Address: 555 SIMPLE PLACE 9
ANYTOWN, MD 90002-7777
Type of Residence: Single family
Geographical Code: 0-176510-33-8840

Address: 999 HIGH DRIVE APT 15B
ANYTOWN, MD 90003-5555
Type of Residence: Apartment complex
Geographical Code: 0-156510-31-8840

Notices:
This address is a non-residential address. 8604 2ND AVE SILVER SPRING MD 20910. 10
COMMERCIAL BUSINESS ADDRESS: 8604 2ND AVE, SILVER SPRING, MD, 20910.

Your Personal Statement(s) [back to top](#)

There are no general personal statements currently displaying on your personal credit report 11

Contacting Us [back to top](#)

Contact address and phone number for your area will display here

End of Report

Personal information:

Personal information associated with your history that has been reported to Experian by you, your creditors and other sources.

May include name and Social Security number variations, employers, telephone numbers, etc. Experian lists all variations so you know what is being reported to us as belonging to you.

Address information:

Your current address and previous address(es)

Notices:

As part of Experian's fraud prevention program, any notices with additional information may appear in this section.

Personal statement:

Any personal statement that you added to your report appears here. Note - statements added remain part of the report for 2 years and display to anyone who has permission to review your report.



Consumer Credit Counseling Service of Rochester
1000 University Ave. Suite 900
Rochester, NY 14607
(585) 546-3440
www.cccsofrochester.org

Sample Dispute Letter

Date

Your Name

Your Address

Your City, State, Zip Code

Complaint Department

Name of Credit Reporting Agency

Address

City, State, Zip Code

Dear Sir or Madam:

I am writing to dispute the following information in my file. The items I dispute also are encircled on the attached copy of the report I received.

This item (identify item(s) disputed by name of source, such as creditors or tax court, and identify type of item, such as credit account, judgment, etc.) is (inaccurate or incomplete) because (describe what is inaccurate or incomplete and why). I am requesting that the item be deleted (or request another specific change) to correct the information.

Enclosed are copies of (use this sentence if applicable and describe any enclosed documentation, such as payment records, court documents) supporting my position. Please investigate this and (delete or correct) the disputed item(s) as soon as possible.

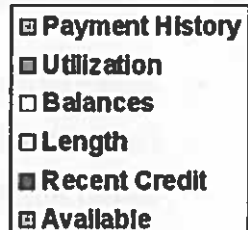
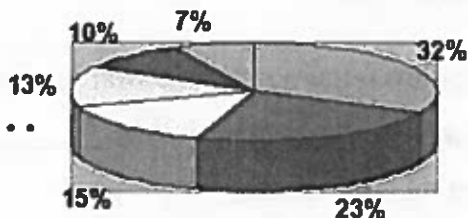
Sincerely,

Your Name

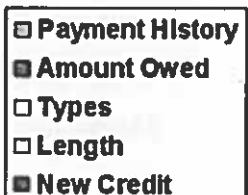
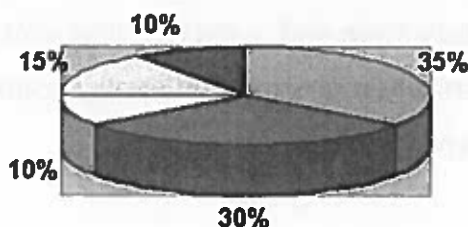
Enclosures: (List what you are enclosing)

Elements of a Score -

Vantage Scores...

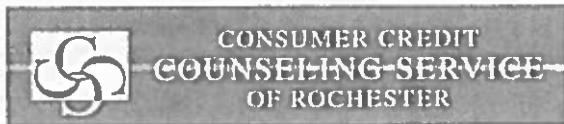


FICO Scores...



What Could Happen to our Score?

	<i>Effect on a 680 score</i>	<i>Effect on a 780 score</i>
Maxed-out card	-10 to -30	-25 to -40
30-day late payment	-60 to -80	-90 to -110
Debt settlement	-45 to -65	-105 to -125
Foreclosure	-85 to -105	-140 to -160
Bankruptcy	-130 to -150	-220 to -240



Recommended Actions –

- Establish regular on-time payments on credit cards
- Keep credit card balances/spending below _____ of overall limits
- Avoid approaching the limit on any single card
 - Even if your overall “credit usage” ratio is below 30%
- Keep older accounts open and avoid opening a lot of new accounts
- Only apply for credit when needed and shop around within a short span of time
- Make sure your report is accurate

Self-Help Resources –

- www.annualcreditreport.com
 - 877-322-8228
- www.cccsofrochester.org
- www.bankrate.com