



A.B. Ridgeway

Wealth Management LLC

ONE-PAGE FINANCIAL PLAN

NET WORTH

(Asset-Liabilities)

\$2.4MM

HOW MUCH DO YOU NEED?

\$800K

KEY PERFORMANCE INDICATOR

- Annualized Returns
- # of goals funded
- Net Worth

CRITICAL DRIVERS

- Maximize 401(k)/IRA contributions
- 5% of income dollar cost averaged into a Brokerage/ paycheck account
- Pay Off Debts

SMART GOAL

Specific, Measurable, Attainable, Relevant, Time-Bound

I want to retire with \$1.3MM to fund a child's wedding, put a down payment on their first house, leave an inheritance of \$200k/child, and leave \$100k to my local church in 6 years.



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CRITICAL DRIVERS

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ONE-PAGE FITNESS PLAN

WHERE ARE YOU?

**Current
Weight**

WHAT DO YOU NEED TO GET THERE?

-10lbs

HOW DO YOU TRACK PROGRESS?

- Weekly Weigh-In
- Pants Size

WHAT CAN YOU CONTROL?

- Minutes Walked
- # of Walks
- Counting Calories

WHERE ARE YOU GOING?

SMART Goal: (Specific, Measurable, Attainable, Relevant, Time-Bound)

**Example: I will walk 30 minutes 3 times a week and lose
10 lbs in 12 months**



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INVESTMENT ADVICE | BIBLICAL PERSPECTIVE

ONE PAGE FITNESS PLAN MATH

- To lose 1lb, you must burn 3500 calories
- The goal is to lose 10lb therefore burn $(3500 \times 10\text{lb} = 35,000 \text{ calories})$
- Walking 30 minutes for an average person is 150-200 calories (depending on size and speed)
- The commitment is 3 sessions/week for 30 minutes each
- The time frame given is 12 months/52 weeks/365 days therefore a 156-session commitment or 78 hours of walking
- Walking will only burn 31,500 calories over all sessions
- (-4000 calorie deficit) Somehow you need to figure out how to burn an extra 10.9 calories/day

STRATEGY

1. Add 2 minutes per walk $(200/30 \text{ minutes} = \sim 6 \text{ calories/minute}) \times 2 = \sim 12 \text{ calories}$
2. Lower food intake by a total of 12 calories/day...84 calories in a meal... or over a week
3. Add 20 extra sessions throughout the year
 - a. 1 extra every other week
 - b. 2 after every month
 - c. 6 every 3 months
4. Combine half of deficit in extra exercise and other half in diet
5. Re-evaluate and review at 3, 6, 9, and 12-month mark. Due to weight fluctuation, figures may need to be recalculated.

Plan Notes:

During the review process, review critical drivers and KPIs to make sure you are tracking the right things. Sometimes weight can go flat even though you are losing weight, but you are retaining water. So, you will be shrinking, but not losing weight. Therefore, you may ask yourself, do I really want to lose 10lbs or do I want to fit in my wedding dress. And when you change your goal, your KPIs and Drivers may change as well. Now, it is about measurements and not pounds and you are going to use measuring tape and not a scale to evaluate your progress.



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INVESTMENT ADVICE | BIBLICAL PERSPECTIVE

ONE PAGE FINANCIAL PLAN

- Needs \$800,000 to fully fund goals
- 6 years away from retirement with a \$2.4MM Net Worth
- \$1.2MM is in a 401(k) at work and his spouse also has \$1.2MM in a 401(K)
- Maximum contributions to a 401k is \$19,500 ($\$19,500 \times 2 \times 6 = \$234,000$) cash contributions
- Both make \$300,000 and with a 5% contribution would yield \$30,000
- Pay of debt and eliminate \$50,000 in interest over the 6 years

STRATEGY

1. With a cash contribution of \$314,000 that leaves roughly \$486,000 that we need to come up with.
2. Also, we haven't considered how much we want to give in tithing.
3. We may want to consult an estate attorney to draft up some Trust documents to ensure that the assets are used for their intended purpose, God forbid something happens to you too soon.
4. You have more than you need for living expenses but your risk tolerance is still moderate, so trying to increase risk to close that gap may not be the best options.
5. Let's discuss with your CPA and see if we can gift the church's \$100k over the next 6 years to lower your tax implications
6. We may want to extend the time horizon to 10 years, to become more in line with your investment style.

Plan Notes:

The funds in the 401k are invested very conservatively and the underlining fees are eroding the returns. We may need to rebalance the allocation, reducing the exposure to a potential market crash prior to retirement.