



AB FINANCIAL

Financial Fasting

February 2026 • *For Educational Purposes Only*

Maraki Finance

www.marakifinance.com

Building Financial Freedom for Immigrant Communities

#FinancialFasting #IamMaraki

Duration:
March 1st to May 30

PHASE I: Weeks 1- 8: Spending control & Saving
PHASE II: Weeks 9-12: Investing & Wealth building

Project Objectives:

- Increase saving
- Reducing expenses
- Increase credit score
- Make financial awareness at the center of family discussion
- Initiate behavioral changes on ALL family members

Expected Results

- Financial Impact
- Knowledge gain
- Family Impact
- Behavioral Change

Fasting Item	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DON'Ts				
1. Addiction Control <ul style="list-style-type: none"> ➤ Lottery & Gambling ➤ Coffee 				
2. Water fast				
3. Online Purchase fast				
4. Clothing fast				
5. Credit Card fast				
DOs				
1. Grocery Shopping				
2. Healthy Living				
3. Housing				
Remark <i>Any Story of your temptation or success</i>				

Note:

- *This is Financial Fasting only for educational and family exercise (From Knowledge to Practice)*
- *Please consult your physician or financial advisor*
- *This project is not affiliated with any religion*