

Part 2A of Form ADV: Firm Brochure

Atwood Financial Planning LLC

Item 1 Cover Page

Lori Atwood, CFP®
2911 33rd PI NW
Washington, DC 20008
By Appointment Only
Ph: 202 415 0803
Email: Lori@atwoodfinancial.com
Website: www.atwoodfinancial.com
CRD: 288941

March 28, 2024

This brochure provides information about the qualifications and business practices of Atwood Financial Planning LLC. If you have any questions about the contents of this brochure, please contact Lori Atwood, CFP® at 202 415 0803 or lori@atwoodfinancial.com. The information in this brochure has not been approved or verified by the United States Securities and Exchange Commission or by any state securities authority. Additional information about Atwood Financial Planning LLC also is available on the SEC's website at www.adviserinfo.sec.gov.

Our registration as an investment adviser does not imply a certain level of skill or training.

Item 2 Material Changes

As of April 1, 2024, Lori Atwood, CFP(r) hourly fee for small business or institutional planning will be \$360/hour charged to the quarter hour. Her fees for all other financial planning remains the same. Small Business Planning is defined as work with a self-employed individual, start-up or going concern on financing, business model, pricing, operations efficiency, business account organization and portfolio management for the organization. Institutional planning is defined as portfolio, cash and account management for 501c3 or other institutions. This fee does not apply to self-employed individuals who seek household financial planning and a brief business analysis is required to complete household financial planning.

If a client has not met with us for 25 months or more (as defined by the date of our last Summary Email), the client will be charged the initial rate for a check in because our recorded data would be materially outdated requiring full data gathering again.

Table of Contents

Item 1	Cover Page	1
Item 2	Material Changes	2
Item 4	Advisory Business	4
Item 5	Fees and Compensation	5
Item 7	Types of Clients	8
Item 8	Methods of Analysis, Investment Strategies and Risk of Loss	8
Item 9	Disciplinary Information	9
Item 10	Other Financial Industry Activities and Affiliations	9
Item 11	Code of Ethics, Participation or Interest in Client Transactions and Personal Trading	9
Item 12	Brokerage Practices	10
Item 13	Review of Accounts	11
Item 14	Client Referrals and Other Compensation	11
Item 15	Custody	11
Item 16	Investment Discretion	12
Item 17	Voting Client Securities	12
Item 18	Financial Information	12

Item 4 Advisory Business

Atwood Financial Planning LLC (“Atwood” or “AFP”) is a fee-only financial planning firm specializing in helping clients understand their cash flow and budgeting, the amounts they should have in savings for emergencies and goals, how to pay down debt, how much to save for retirement, how much TERM life insurance to have, and what estate planning documents are recommended. Atwood also works with clients on investing and portfolio planning. We recommend a general approach to investing for retirement and non-qualified savings that will then be specified in our meetings by running various scenarios and understanding each client’s risk appetite and goals.

Atwood is principally owned by Lori Atwood, CFP® and has been in business since June 30, 2017. Atwood has no assets under management and is a fee for service firm only.

Atwood does not sell any products, nor does it collect commissions from any other entity or person. Lori Atwood, CFP® and Principal of Atwood Financial Planning LLC, as well as any Associate (an investment advisor representative working with Atwood) working with Atwood has a fiduciary duty toward clients. Lori Atwood and all Associates working with Atwood have a duty to act in a manner they reasonably believe to be in the best interest of clients, and in good faith.

Atwood tailors its financial planning services to each client’s specific needs. Atwood may provide advice regarding investments related generally to index fund/ETF portfolios, government issued securities and cash/cash equivalents as well as the client’s current holdings. Atwood does not use a questionnaire or survey to assess risk tolerance of clients. Instead, recommendations are made based on specific client goals and risk appetite specified through discussions. Atwood does not advise on specific individual stocks or corporate bonds unless already held by the client.

In relation to Atwood’s general investment approach and recommendations, our Associates may recommend various broker-dealers and/or custodians to allow a client to implement the agreed plan. Atwood has no affiliation with any brokers-dealers/custodians or other service providers recommended and typically more than one broker/dealer/custodian will be recommended to give the client a choice.

Atwood does not provide any services as part of a wrap fee program.

Clients can cancel services with AFP at any time during the planning process and will only owe fees for meetings already held. AFP will charge a cancellation fee if a meeting is canceled within 2 business days of the scheduled time.

For all services, Clients may terminate their engagement with Atwood within five (5) business days of signing an Agreement with no obligation and without penalty. After the initial (5)

business days, the Agreement may be terminated by Atwood with thirty (30) days written notice to Client and by the Client at any time with written notice to Atwood. In the case of hourly engagements, fees will be prorated based on the work completed at the stated hourly rate. All unpaid earned fees will be due to Atwood and all unearned fees will be refunded to the Client. Any increase in fees will be acknowledged in writing by both parties before any increase in said fees occurs.

Atwood Financial Planning LLC provides small business and start-up financial planning. Atwood Financial Planning LLC works with a self-employed individual, start-up or going concern on financing, business model, pricing, operations efficiency, business account organization and portfolio management for the organization. Atwood Financial Planning also works with institutions (501c3 and other designations) on portfolio management, account organization and cash management.

Atwood Financial Planning LLC has five Corporate Financial Wellness Solutions including the following:

1. Running financial “challenges” for institutions and corporations that are charged based on the hours required for each challenge.
2. Hours Bundles including 10 hours of one-on-one financial planning time. Engagement Letters are between the employee participant and Fearless Finance. Our fiduciary duty is to the client participant and not the employer.
3. Platform Solution that includes running the Fearless Finance platform for basic recommendations for each employee who runs it, the Financial Planning Foundations live webinar and integration with the institution’s technology. Employees can run the algorithm unlimited times.
4. Live virtual seminars customized to each employer’s needs. The seminars are one hour long and available to as many employees as the employees want as long as the technology will accommodate them.
5. AFP will provide Small Group Planning and Small Group Planning Participants will receive 5, hour-long, online webinar sessions with one of our Associates. Participants will go through Cash Flow, Goal-Setting, Savings and Debt, Long-term Investing and Retirement Savings in a more general format than one-on-one planning but will be able to put their own plan together with the guidance of the Associate and support of the small group environment.

We will contact the client annually to offer a check-in meeting and update their financial plan. The hourly rate applies to all check-in meetings.

Lori Atwood, CFP® and Atwood Financial Planning LLC Associates occasionally hold educational seminars on personal financial planning and organization. Seminars are generally one-off in nature and focus on general household financial organization, saving and budgeting.

Item 5 Fees and Compensation

Atwood Financial Planning LLC is a fee only advisory firm. Fees are charged by the hour at a rate of \$330/hour for the initial planning phase and \$290/hour for Check-ins and Life Change meetings with Lori Atwood, CFP Existing clients for Lori Atwood will be grandfathered in at her former rate (\$240/hour) until April 1, 2023, when all of Lori Atwood's existing clients will pay \$290/hour. Associates' Financial Planning (Fearless Finance brand) will offer services at \$260/hour during the initial planning phase. Check-ins and Life Change meetings after the initial plan is completed are charged by the hour for all Associates at a rate of \$220/hour. Lori Atwood, CFP(r) and all Associates will charge by the quarter hour (i.e., 1.25 hours or 1.5 hours if our meeting goes over). Clients can use our online platform for intake of data for an upfront fee of \$90 paid on the platform. Online intake can reduce the number of hours spent with an associate at the \$260/hour rate by 30-60 minutes depending on the situation. Each client's situation can vary.

The initial planning meetings are defined as the first 2-3 meetings that allow the planner to generate a full plan including cash flow, debt/savings, retirement planning, account organization, goal setting, insurances, estate planning and investments. Not all elements are applicable to all clients. A Life Change meeting occurs when an existing client (already has a complete initial plan) has a life change like a new baby, new house, new job, etc. and wants to meet to update the plan. A Check-in Meeting is defined as an annual (or more or less frequent) meeting to update the plan with no specific life change.

If a client has not met with us for 25 months or more (as defined by the date of our last Summary Email), the client will be charged the initial rate for a check in because our recorded data would be materially outdated requiring full data gathering again.

As of April 1, 2024, Lori Atwood, CFP(r) hourly fee for small business or institutional planning will be \$360/hour charged to the quarter hour. Her fees for all other financial planning remains the same. Small Business Planning is defined as work with a self-employed individual, start-up or going concern on financing, business model, pricing, operations efficiency, business account organization and portfolio management for the organization. Institutional planning is defined as portfolio, cash and account management for 501c3 or other institutions. This fee does not apply to self-employed individuals who seek household financial planning and a brief business analysis is required to complete household financial planning.

Atwood Financial Planning LLC has added four offerings to its Corporate Solutions including the following:

1. running financial "challenges" for institutions and corporations that are charged based on the hours required for each challenge.
2. Hours Bundles including 10 hours of one-on-one financial planning time sold to institutions and corporations for \$3000/bundle of ten hours. Corporations may negotiate customized hours bundles.

3. Platform Solution that includes running the Fearless Finance platform for basic recommendations for each employee who runs it, the Financial Planning Foundations live webinar and integration with the institution's technology for \$2500 plus \$10 per employee who runs the algorithm. Employees can run the algorithm multiple times, but the employer is only charged \$10 once per employee email address.
4. Live virtual seminars customized to each employer's needs. The seminars are one hour long and available to as many employees as the employees want as long as the technology will accommodate them. Each Seminar costs \$1500 and a bundle of three seminars is \$3600.
5. AFP also offers a Small Group Planning course and Small Group Planning Participants will receive 5, hour-long, online webinar sessions with one of our Associates. Corporations and institutions are charged \$5000 for one Small Group Planning course and are able to enroll up to 10 participants in the Course. The same participants will attend all five sessions.

All meetings will be paid after each meeting. An invoice will be automatically generated after each meeting. Email questions, or short calls with specific questions that do not require follow-up notes or analysis as judged solely by the Planner, are not charged. Judgment of whether an email or short call require analysis is wholly up to the financial planner. Fees are non-negotiable.

Atwood has no assets under management and therefore cannot deduct fees from clients' assets or accounts. Fees for direct financial planning services are charged in arrears and therefore there are no refunds available for unused fees.

Fearless Finance Subscription fees and cancellations: Fearless Finance's basic platform is free to our clients, and clients will be able to connect up to 3 accounts for free. Subscribers outside of our client-base are charged \$1.99/account linked to subscribe. Clients who want to connect more than three accounts will be charged \$1.99/month per additional account.

Participants in Atwood Financial Planning LLC's Small Group Planning will be charged \$500/participant for 5, hour-long, online sessions. Participants will be asked to pay prior to the first meeting and will not be charged any additional fees for Small Group planning thereafter. If a participant cannot attend a session of the Small Group Planning, he/she will be offered the recording of the class and can email specific questions to the Group Leader. There will be no refunds provided for early termination. If the client chooses to become a one-on-one client with AFP the client would be subject to fees as described in the first paragraph of this section.

Atwood Financial Planning LLC charges a fee for returned checks of \$12 and a cancellation fee of a half hour (30 minutes) of meeting time if a client cancels an appointment within two business days of the scheduled time. For example, if the planner's fee is \$220/hour, the client will be charged \$110, for a cancellation within 2 business days of a scheduled meeting. For example, a client would be charged the Cancellation fee if he/she cancels later than Tuesday for a meeting scheduled on Friday. Cancellation fees for Plan participants during the initial planning period,

will be \$110. Fearless Finance provides financial advice virtually, however, if a client requests an in person meeting (where possible), the client will pay a travel fee of one half hour of time.

There are no other fees clients will be expected to pay in connection to AFP's advisory services. Atwood does not perform any brokerage services (please see Item 12), and therefore a client will not incur any brokerage fees from Atwood related to Atwood services. Clients should be aware that implementing Atwood's investment recommendations with a broker dealer is likely to incur costs charged by the custodian including transaction fees and markups. To the extent that clients choose to purchase mutual funds, exchange traded funds or money market funds, internal fees paid to the manager are factored into the value.

Fees associated with AFP's educational seminars and workshops are based on the institution sponsoring the seminar/workshop and differ from Engagement to Engagement.

Lower fees for comparable services may be available from other sources. Atwood nor any of its supervised persons accept compensation for the sale of securities or other investment products.

Item 6 Performance-Based Fees and Side-By-Side Management

Atwood Financial Planning LLC does not have Performance-Based Fees of any kind, nor does it provide Side-by-Side Management.

Item 7 Types of Clients

Atwood Financial Planning LLC works only with individual households, or small businesses with fewer than 5000 employees. Atwood does not manage assets, and therefore has no minimum account size or assets under management for a client.

Item 8 Methods of Analysis, Investment Strategies and Risk of Loss

When asked for investment advice, AFP recommends only securities in the form of index funds and/or ETFs that are based on index funds, government issued securities or cash equivalent securities. Atwood Financial Planning LLC will also advise on existing assets already held by the client. Atwood Financial Planning LLC does not assess a client's specific tolerance for risk with a questionnaire when making recommendations for investments, instead recommendations are based on discussions with the client. Specific recommendations for asset allocation between equities and fixed income (including cash equivalents) depend on the client's time horizon for use of the funds, client goals, and the client's specific requirements/risk tolerance, which are assessed by discussion with the client.

Although index funds are diversified, there is still investment risk. The investment strategy Atwood follows for all clients aims to reduce risk by recommending minimal, if any trading, and

investment in low-cost index fund securities. However, all investments and securities carry risk, and Atwood acknowledges those risks here.

A client should be prepared to bear the risk of possible loss. It is possible a client's account will experience a loss due to a stock market decline. It is important that clients understand this overall risk and invest to the extent the client can bear the risk. Clients should also be appropriately diversified, and we will assist the client to do so. Certain material risks relevant to AFP's index fund-based investment recommendations are set forth below:

Index Fund Risk: There is a risk that an index fund's underlying securities do not correspond exactly to its benchmark index. As such, it may underperform its benchmark index.

Exchange Traded Fund Risk: Index fund ETFs could become illiquid for a period if trading is halted. ETF share prices may, at times, also be more volatile than the underlying index the ETF is based upon.

Political Risk: An overall market, and thus the index funds associated with that market, could decline due to political changes and/or instability in a country or region.

Atwood does not make currency, derivative, or corporate bond securities recommendations.

Item 9 Disciplinary Information

There are no disciplinary or legal events material to a client or prospective client's evaluation of Atwood Financial Planning LLC.

Item 10 Other Financial Industry Activities and Affiliations

AFP nor any of its management persons are registered, or have an application pending to register, as a broker-dealer or a registered representative of a broker-dealer, nor is the firm or any of its management persons registered, or have an application pending to register, as a futures commission merchant, commodity pool operator, a commodity trading advisor, or an associated person of the foregoing entities.

Atwood Financial Planning LLC does not select other advisors for its clients.

Item 11 Code of Ethics, Participation or Interest in Client Transactions and Personal Trading

According to the Investment Advisers Act of 1940, an investment advisor is considered a fiduciary and has a fiduciary duty to clients. Atwood has established a Code of Ethics to comply

with the requirements of Section 204(A)-1 of the Investment Advisors Act of 1940 that reflects fiduciary obligations and those of its supervised persons and requires compliance with federal securities laws. AFP's Code of Ethics covers all individuals that are classified as "supervised persons". All employees, officers, directors, and investment advisor representatives are classified as supervised persons. AFP requires its supervised persons to consistently act in their clients' best interests in all advisory activities. AFP imposes certain requirements on its affiliates and supervised persons to ensure that they meet the firm's fiduciary responsibilities to their clients. The standard of conduct required is higher than ordinarily required and encountered in commercial business.

AFP and its principal, Lori Atwood, CFP® and its Associates have no direct, indirect, or related interest to any securities either may recommend.

AFP has a Code of Ethics, and it contains policies regarding several key areas:

- Standards of Conduct and Compliance with Laws, Rules and Regulations;
- Protection of Material Non-Public Information and Confidential Information;
- Personal Securities Trading;
- Gifts;
- Communications with the Public;
- Outside Business Activities;
- Disclosures of Conflicts of Interest and Undue Influence;
- Exceptions from Compliance;
- Compliance Certification;
- Failure to Comply and Reporting Violations;
- Recordkeeping; and
- Initial and Annual Certification of Receipt of and Compliance with the Firm's Code of Ethics.

Atwood's Code of Ethics will be provided to any client or prospective client upon request, free of charge.

Item 12 Brokerage Practices

Atwood manages no client funds and makes no trades. Therefore, AFP has no broker-dealer relationships. AFP does not receive any research, prospective clients, commissions or any other form of compensation or "soft" compensation from any broker-dealer or any other entity.

When/if Atwood recommends brokerage houses for clients, it does so with a view toward recommending brokerages with the lowest fees available and responsive customer service. No other criteria is used by Atwood to determine recommendations for brokerage houses,

therefore generally, discount broker/dealers are recommended, such as, but not limited to, Vanguard, Charles Schwab or Fidelity. In a case where a client already has a preferred broker/dealer or custodian, Atwood will recommend index funds, ETFs, government issued securities or cash/cash equivalents offered by the broker/dealer or custodian of the client's choice.

Atwood may recommend a brokerage firm or other firm that can sell recommended index funds, ETF or government issued securities, manage, or be custodian of a client's assets. Atwood and its principal (Lori Atwood, CFP®) and its Associates do not collect any commissions or compensation either directly or indirectly for making such recommendations. Atwood has no affiliation with any brokers or other service providers recommended. Typically more than one broker will be recommended to give the client a choice.

Item 13 Review of Accounts

If AFP has been asked to make investment recommendations for a client, the recommendations will be reviewed annually with the client at his/her annual "check-in" appointment to review all aspects of the financial plan.

Atwood recommends a long-term investment strategy based on a client's years until retirement and client risk appetite based on discussion. We discuss risk appetite, goals and time horizon at every annual check-in. Because the recommendations we provide are long-term and do not require frequent changes, the client would likely not have cause to adjust investment recommendations during a year except based on a change in time horizon or a risk appetite change. Therefore, Atwood would only recommend adjustments, if necessary, on an annual basis.

Atwood does not provide reports to clients on a regular basis. The client receives a summary email after each meeting summarizing recommendations and items discussed in that meeting. There is no review conducted on a regular basis of client financial plans other than at an annual "check-in" meeting. The client is contacted for an annual check-in each year. If a client declines these meetings for three consecutive years, we assume the relationship has terminated, although clients are always welcome to return. The client may also ask to meet more frequently than annually, if desired. Most check-in meetings are annual, but some clients request semi-annual or quarterly check-in meetings. Annual check-in meetings are conducted by the client's advisor at Atwood Financial.

Item 14 Client Referrals and Other Compensation

Atwood Financial Planning LLC does not compensate any other person for client referrals nor is Atwood compensated by any third party for client referrals.

Item 15 Custody

Atwood has no access to client funds or securities.

Item 16 Investment Discretion

Atwood does not trade client accounts and therefore never has discretionary authority over any client funds or securities.

Item 17 Voting Client Securities

Atwood Financial Planning LLC does not have any authority to vote client securities. A client will receive their proxies or other solicitations for voting or any other shareholder related action through their custodian or transfer agent. Atwood does not make recommendations regarding shareholder voting or any other shareholder activities.

Item 18 Financial Information

Atwood Financial Planning LLC does not require or solicit prepayment of more than \$1,200 in fees per client, six months or more in advance, and does not have discretionary authority. Atwood Financial Planning LLC has not been the subject of bankruptcy over the preceding ten-year period. Therefore, it does not provide its balance sheet.