

Seven Day Challenge Report Card



Something has happened with payroll at your job. For some reason all of the company's assets have been frozen. You won't be getting paid for at least the next 2 months. You are hesitant to leave and find another job since they are few and far between these days. You have to save money and conserve the cash you have like crazy. If you have a reserve of money saved up you are hesitant to use very much of it.

Today's Goal: Practice frugal living for tough economic times.

Daily Evaluation Questions (Things to Ask Yourself)

- Are you storing foods that can be used to make meals from scratch?
- Do you have a supply of cookbooks or PRINTED recipes to use in case you don't have access to the Internet for a recipe search?
- Have you thought about what additional spices/condiments/ingredients are needed to make complete meals out of your long term storage items?
- Are you and/or your family used to eating these types of foods?

Daily Notes

Need to Buy:

Need to Do:

Need to Learn:
