

## 7 DAY CHALLENGE



The Seven Day Challenge was created to celebrate National Emergency Preparedness Month. The Challenge is meant to be a week long series of mock emergencies with daily limitations and tasks to help assess your level of preparedness.

## Daily Limitations and Tasks:

Each day you are given a scenario in which there are limitations and tasks. There are also some advanced tasks to complete should you choose to do so. Actually going through the motions of completing the tasks, while abiding by the limitations will help you learn so much more than just thinking about it. **Each day, the prior days tasks and limitations no longer apply.**

## Daily Report Card:

Once you have completed each day, you will have a report card you can use to assess how well you did. Fill out the report cards so you can fill out the master plan at the end of the challenge of things you need to learn, to do, and to buy.

# DAY 1: ECONOMIC CRISIS

## global food shortage

Oil prices have skyrocketed causing serious economic crisis and food shortage due to transportation costs. In many areas food is GONE from the shelves. If there is food available it is at ridiculous prices that you cannot afford. Luckily, you have been following our blog and have accumulated quite a bit of food storage. Today you get to USE it!

**Goal: Have a PLAN for actual meals you can make from your food storage**

## Daily Limitations and Tasks:

### Today's Tasks:

- Cook all your meals and snacks using only pantry foods
- Make a complete meal plan for 7 days (breakfast, lunch, and dinner) using ONLY ingredients you already have in your storage
- Do an inventory to determine how long your food supply will last you

### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- You cannot use any fridge or freezer food (assume it has been used up)
- You cannot use fresh produce from your garden (pretend it's winter)
- You cannot use fresh eggs even if you have chickens (someone stole them)

### Advanced Tasks:

- Make a meal plan for 30 days instead of just 7
- Add a dessert to your menu tonight as well
- A huge thunderstorm also struck today and your power is out all day. Cook all meals without power!

## Daily Report Card:



Make sure you fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.

# Seven Day Challenge Report Card



Oil prices have skyrocketed causing serious economic crisis and food shortage due to transportation costs. In many areas food is GONE from the shelves. If there is food available it is at ridiculous prices that you cannot afford. Luckily, you have been following our blog and have accumulated quite a bit of food storage. Today you get to USE it!

**Today's Goal: Have a PLAN for actual meals you can make from your food storage**

## Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to cook using only pantry items today? What foods did you miss having? Could you buy powdered or freeze-dried versions for storage?
- Do you have all of the ingredients to create 7 days worth of complete meals? What additional items could you get to have more variety?
- How many months worth of storage do you estimate that you have? Do you have spices, flavorings, etc. to create recipes from your core storage items?
- What are some ways you can add to your storage with fresh items in an emergency (i.e. gardening, having chickens, sprouting, etc.)

## Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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Your country is experiencing a WAR and the water purification facility in your area has been bombed. All water services coming to your home have been halted indefinitely. (If you use well water, your well was destroyed too!) Today you will practice living without running water in your home and experience cooking, sanitation, hygiene, etc. with STORED water.

**Goal: Learn what your water needs will truly be in an emergency**

## Daily Limitations and Tasks:

### Today's Tasks:

- Cook all meals (and CLEAN UP) using only stored water
- Take a shower or bath using stored water (Don't cheat and skip this one!)
- Use stored water for flushing toilets
- Calculate your usage for the day and use that number to determine how much of a water supply you actually have
- FILL any empty water containers you have been procrastinating on filling
- Make a plan for how you will collect/purify additional water if/when you run out (use your daily report card to help)

### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- Do NOT use running water at all. To help you not cheat, you can turn off your main water supply for the day

### Advanced Tasks:

- To conserve water, use a sanitation kit rather than flush stored water down the toilet.
- Get ambitious and do a load of LAUNDRY with stored water.
- Go to the nearest source of fresh water and fill up several water containers and purify it.

## Daily Report Card:



Make sure you fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.

# Seven Day Challenge Report Card



Your country is experiencing a WAR and the water purification facility in your area has been bombed. All water services coming to your home have been halted indefinitely. (If you use well water, your well was destroyed too!) Today you will practice living without running water in your home and experience cooking, sanitation, hygiene, etc. with STORED water.

**Today's Goal: Learn what your water needs will truly be in an emergency.**

## Daily Evaluation Questions (Things to Ask Yourself)

- Did you have enough water stored to meet your needs for the day?
- Was your water drinkable? What could you do to improve the taste?
- How long would your water last you in an emergency situation?
- What are some ways you could store MORE water?
- Do you have a plan in place for being able to purify additional water?
- How far away is your nearest water source? How else could you obtain additional water when yours runs out?
- Did you try to do laundry? What is your plan for washing clothes?

## Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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# **DAY 3:** **HEALTH BENEFITS** medical issues and concerns

Health care costs in your country have gone through the roof. Battles are waging between government, doctors, hospitals, and insurance companies. All doctors have gone on strike leaving a gaping hole in available medical care in your community. Today will focus on what you will need to do to prepare your family for all kinds of medical emergencies, including getting yourselves healthier to avoid dependence on medications (if at all possible) and/or medical interventions.

**Goal: Get your family's medical history & supplies in order and get healthy!**

## Daily Limitations and Tasks:

### Today's Tasks:

- Prepare a family medical plan to include in your Emergency Binder
- Do an inventory of your home medical supplies. Add items to your daily report card that you need to purchase
- Print out instructions for basic first aid procedures
- Review CPR guidelines and or sign up for a class
- Research any specific medicines you are taking, find out how you can stock pile some, make a plan for how to keep them refrigerated if necessary, etc. (Also consider if making lifestyle changes could help reduce your dependency on them)
- Since living a healthy lifestyle is so important for disease prevention, cook healthy meals **AND** do a physical activity as a family (if applicable) today

### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants.
- No eating fattening foods, sugary treats, or drinking soda or alcohol today. (Yes we're taking away all our vices)

### Advanced Tasks:

- Purchase additional manuals on first aid and emergency medicine
- Learn more about holistic approaches to medicine including essential oils
- Practice treating a pretend injury using supplies from your house

## Daily Report Card:



Make sure your fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.

# Seven Day Challenge Report Card



Health care costs in your country have sky-rocketed. Battles are waging between government, doctors, hospitals, and insurance companies. All doctors have gone on strike leaving a gaping hole in available medical care in your community. Today will focus on what you will need to do to prepare your family for all kinds of medical emergencies, including getting yourselves healthier to avoid dependence on medications and/or medical interventions.

**Today's Goal: Get your family's medical history and supplies in order and get healthy!**

## Daily Evaluation Questions (Things to Ask Yourself)

- Did you already have a medical plan in place? If not, did you make one today?
- How well-stocked are you for medical emergencies? Add to your BUY list!
- What first aid procedures would you need to know how to do if medical assistance was not available? Did you print out instructions on how to do them?
- Have you taken a class in CPR? If not, have you signed up for one yet?
- How can you reduce dependency on medications or properly store/stockpile them
- What changes can you make in your lifestyle to be healthier?

## Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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## **DAY 4:** **ECONOMIC CRISIS** helping those in need

One of your elderly parents (or grandparents, or dear friend, or child) is having severe health problems and can no longer afford home health care. You were asked to come and live with them for 2 months to help out with their day to day living and have to leave TOMORROW. Today you must help your family prepare for you to have an extended "leave of absence". If you are single focus on getting your own affairs settled.

**Goal: Teach your family knowledge and skills that depend on you**

### Daily Limitations and Tasks:

#### Today's Tasks:

- Teach the other members of your household how to do any tasks that normally fall to you (i.e. laundry, cooking basics, mowing the lawn, car maintenance, etc.)
- Make sure to pass any financial information on to your spouse, significant other, or another family member.
- If you're the one in charge of managing the family schedule and routines, write it all out and make assignments or arrangements for how the family could make it without you
- If you live alone, make a plan for who would look after your house/affairs if you had to leave suddenly
- Make a list of all your logins for important websites that family members may need to access. Either print it and put it somewhere secure or save it in a secure manner on your computer

#### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants.
- No other limitations today.

#### Advanced Tasks:

- After teaching your family how to do your "jobs" actually leave for the day and make them DO THEM.
- If you're single or don't have a large household, pass along the information to a friend or family for taking care of your house and affairs FOR REAL. Not just a plan for "in case".

### Daily Report Card:



Make sure your fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.



# Seven Day Challenge Report Card



One of your elderly parents (or grandparents, or dear friend, or child) is having severe health problems and can no longer afford home health care. You were asked to come and live with them for 2 months to help out with their day to day living and have to leave TOMORROW. Today you must help your family prepare for you to have an extended "leave of absence". If you are single focus on getting your own affairs settled.

**Today's Goal: Teach your family knowledge and skills that depend on you**

## Daily Evaluation Questions (Things to Ask Yourself)

- Did your family already know how to do most of your "jobs" or was there a big learning curve for them? Were you able to pass on the necessary knowledge?
- Did you discuss with your spouse your financial situation if you do the bills?
- If you live alone, did you think through who would take care of your home/affairs if you were to leave suddenly? Did you actually work out an arrangement?
- Do you have a family schedule/calendar? Is there an easy way to pass on that info to your family if you were unavailable? Who would do drives to lessons, school, etc.?

## Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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## DAY 5: EVERYDAY EMERGENCY power loss

A drunk driver struck a power line near your house today. Power is out in your entire neighborhood all day long. You must cook meals for your family using no electricity, and make a NICE Sunday dinner! You must also entertain yourself (and your family members) without electronics (the HORROR).

**Goal: Practice living without electricity**

### Daily Limitations and Tasks:

#### Today's Tasks:

- Cook all three meals without electricity
- Make a NICE Sunday dinner from scratch (no opening up a can of ravioli)
- Do something FUN that doesn't involve power
- Do an inventory of your fuel storage, how many meals can you cook with the fuel you have stored?
- Review powerless cooking options by doing research online (only time you can use power today)

#### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- DO NOT USE POWER AT ALL TODAY (except to do research)

#### Advanced Tasks:

- There is a big storm going on outside and you can only cook indoors
- Your pipes froze during the night so you have to use stored water as well

### Daily Report Card:



Make sure you fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.

## Seven Day Challenge Report Card



A drunk driver struck a power line near your house today. Power is out in your entire neighborhood all day long. You must cook meals for your family using no electricity, and make a NICE Sunday dinner! You must also entertain yourself (and your family members) without electronics (the HORROR).

**Today's Goal: Practice living without electricity**

### Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to make all your meals today without power? Was it hard?
- How is your fuel supply? Do you have multiple types of fuel available for use?
- What are some entertaining things you and/or your family can do without power?
- Do you have a plan for indoor powerless cooking? What are situations where you would not want or be able to cook outside?
- Did you research some powerless cooking options? What are the pros and cons of different types of tools and fuels?

### Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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## DAY 6: NATURAL DISASTER evacuation and 72 hour kits

A horrible hurricane (or earthquake, or other disaster) is about to hit your area. You have to evacuate within minutes and eat out of your 72 hour kits today. While you were gone your house was destroyed. Lots to think about today.

**Goal: Test your family's evacuation plan and 72 hour kit foods**

### Daily Limitations and Tasks:

#### Today's Tasks:

- Evacuate your house within 15 minutes of reading today's challenge. You do not know if your house will be destroyed while you are gone so plan accordingly. Stay away until after lunchtime
- Eat/drink ONLY out of your 72 hour kits until you return home
- While you are out, make a list of potential reasons you may be forced to evacuate. For each scenario, write down where you would go, what type of stuff you would need in your kits, how long you'd be gone, etc. Use this list to re-evaluate what you may or may not include in your kits.
- Make a list of all of your valuables to submit to your insurance company since your house was destroyed while you were gone (this is more valuable to have BEFORE you actually lose everything)
- Using the daily report card, make a list of things you could do/buy to minimize your losses in a complete house loss (i.e. Fireproof/waterproof safe, computer backup options, safety deposit box for valuables, etc.)

#### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- You can't eat or drink anything besides what is in your 72 hour kits until dinnertime
- You must stay away from home until after lunch

#### Advanced Tasks:

- Eat out of your 72 hour kits for dinner too
- Evacuate overnight using only supplies from your disaster kit
- Contact your insurance company and find out details about what would be covered in a total loss situation like this

### Daily Report Card:



Make sure your fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.

## Seven Day Challenge Report Card



A horrible hurricane (or earthquake, or other disaster) is about to hit your area. You have to evacuate within minutes and eat out of your 72 hour kits today. While you were gone your house was destroyed. Lots to think about today.

**Today's Goal: Test your family's evacuation plan and 72 hour kit foods**

### Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to effectively evacuate within 15 minutes? What could you have done to make it easier, faster, more efficient?
- How were the foods in your 72 hour kits? If you have kids, did they eat the foods you had available? What could you add to make your food options better?
- Did you make your list of potential scenarios where you might need to evacuate? How will this affect your 72 hour kits?
- Did you already have a list of valuables for insurance? If not, did you create one today?
- What can you do to decrease your losses if your house were destroyed?

### Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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## DAY 7: EVERYDAY EMERGENCY day of service for others



Today you felt a prompting to do an act of service for someone in need. A dear friend is really struggling and it would be very helpful if you brought him/her a meal or a special treat. You have a super busy day with no time to run to the store, but you still want to make something NICE.

**Goal: Have a go-to meal or treat on hand for “emergency” acts of service**

### Daily Limitations and Tasks:

#### Today's Tasks:

- Cook either a full dinner or a special treat for someone in need (be prayerful/thoughtful about this and really try to find someone you can do this for)
- Use only ingredients from your food storage
- Make a list of 2 meals and 2 treats that you can always create from your storage that would be nice enough to give to another family. Make sure you keep the ingredients on hand for them (add to your report card if necessary)
- Once you have performed your “act of service” you are DONE with the challenge!
- Compile all your report cards from the week into a master list of things to do, learn, and buy

#### Today's Limitations:

- For this day, and ALL days of the challenge: no spending money, no going to stores, and no restaurants
- AFTER you have completed your act of service you can go and get a donut or a big gulp or whatever other indulgence you have been missing out on all week!

#### Advanced Tasks:

- Cook your meal or treat without power
- Make a double batch and freeze one for an act of service on another day

### Daily Report Card:



Make sure you fill out today's Report Card to see how well you did, to keep track of areas you can improve, to remember things you need to do, and things you need to buy. Use the data to make a game plan to take you to the next level of preparedness, whatever that may be.

## Seven Day Challenge Report Card



Today you felt a prompting to do an act of service for someone in need. A dear friend is really struggling and it would be very helpful if you brought him/her a meal or a special treat. You have a super busy day with no time to run to the store, but you still want to make something NICE.

**Today's Goal: Have a go-to meal or treat on hand for "emergency" acts of service**

### Daily Evaluation Questions (Things to Ask Yourself)

- Were you able to make something NICE for your act of service?
- What ingredients could you start storing to make this easier in the future?
- Did you REALLY do something for someone? You never know how helpful this type of service can be.
- Take some time today to really think about the things you need to buy, learn, and do to be better prepared based off of what you learned this week. (Use the master plan worksheet found on today's blog post)

### Daily Notes

Need to Buy:

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Need to Do:

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Need to Learn:

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# SEVEN DAY CHALLENGE MASTER WORKSHEET

things to buy:

THING TO BUY:	DUE DATE:	✓

# SEVEN DAY CHALLENGE MASTER WORKSHEET

things to do:

THING TO DO:	DUE DATE:	✓

# SEVEN DAY CHALLENGE MASTER WORKSHEET

things to learn:

THING TO LEARN:	DUE DATE:	✓