

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:

Need to Do:

Need to Learn:
