

■ Survival Self-Test Worksheet

“How Long Could You Survive on What’s in Your House Right Now?”

Step 1: Food Inventory

Household members:	_____ adults + _____ children
Calories needed per day:	_____ calories/day
Total calories in home:	_____ calories
Food window =	Total calories ÷ Daily calories = _____ days

Step 2: Water Supply

Gallons bottled/stored:	_____ gallons
Gallons in water heater:	_____ gallons
Other sources:	_____ gallons
Water window =	Total gallons ÷ (1 gallon x people/day) = _____ days
Filter/purify method?	■ Yes ■ No

Step 3: Light & Power

Flashlights/lanterns?	■ Yes ■ No
Extra batteries?	■ Yes ■ No
Power banks/solar?	■ Yes ■ No
Estimated nights with power:	_____ nights

Step 4: Temperature Control

Winter: Blankets, sleeping bags, safe heaters? ■ Yes ■ No
 Summer: Fans, shade cloth, cooling strategies? ■ Yes ■ No
 Temperature survival rating: Weak / Moderate / Strong

Step 5: Security

Can you lock/secure your home? ■ Yes ■ No
 Neighborhood safety plan? ■ Yes ■ No
 Security rating: Weak / Moderate / Strong

Step 6: Health & Sanitation

Days of prescription meds:	_____ days
First aid kit stocked?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Backup hygiene/waste plan?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Health rating:	Weak / Moderate / Strong

Your Survival Windows

Food window:	_____ days
Water window:	_____ days
Weak spots:	_____

Reflection

What's the shortest window? That's your true survival limit.
What is one simple step you could take this week to double that number?