MIDATLANTICMUNITION

90-DAY SELF-SUFFICIENCY

ASSESSMENT / CURRENT CAPABILITIES

Household / location: _____ **Assessment date:** _____

How to use: For each function, estimate the days you can sustain it safely, identify the constraint, and write one improvement. Unknown is a valid answer. Do not treat stocked supplies as proven capability.

ESSENTIAL FUNCTION	DAYS READY	LIMITING FACTOR	NEXT IMPROVEMENT
Food & cooking Meals, preparation, fuel			
Drinking water Storage, sourcing, treatment			
Power & temperature Priority loads, safe heating/cooling			
Sanitation & hygiene Toilets, handwashing, waste			
Medical & personal needs Medications, devices, dependents			
Communications Alerts, contacts, backup power			
Tools & maintenance Spares, repairs, upkeep			
Pet & animal care Food, water, medications, sanitation			

PRIMARY LIMITING SYSTEM: _____

Why? _____

KEEP THIS WORKSHEET VISIBLE. REVIEW IT. CLOSE THE GAPS.

Resources, gear and guidance: midatlanticmunition.co

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midatlanticmunition.co

90-DAY SELF-SUFFICIENCY

PROGRESS TRACKER / BUILD TOWARD 90 DAYS

Household / location: _____ **Review date:** _____

Check a milestone only after you verify the capability for that duration.

A purchase alone does not demonstrate readiness. Record the weakest dependency and test again.

CAPABILITY	72 HOURS	2 WEEKS	30 DAYS	90 DAYS
Food and cooking	☐	☐	☐	☐
Water and treatment	☐	☐	☐	☐
Power and safe temperature	☐	☐	☐	☐
Sanitation and hygiene	☐	☐	☐	☐
Medical and personal needs	☐	☐	☐	☐
Communications	☐	☐	☐	☐
Equipment and repair	☐	☐	☐	☐
Pet and animal care	☐	☐	☐	☐

NEXT THREE PRIORITIES

☐ **Priority 1:** _____

☐ **Priority 2:** _____

☐ **Priority 3:** _____

SUPPLIES / EQUIPMENT TO SOURCE

NEXT REVIEW / TEST DATE

The objective is not a perfect score.

Find the limiting capability, improve it, then verify how much longer your household can function.

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