FORTUNE FAVORS THE PREPARED · PLANNING ONE-PAGER

Score Your Preparedness

A 15-minute self-check. Find your real gaps before you buy anything else.

1. Where do I stand today?
2. Which areas are weakest?
3. What does my score mean?
4. What do I fix first?
5. When do I check again?

1 Score the twelve areas · tick only what is true today, not what you plan to do. Each tick = 1 point, 4 per area

A Plan & risks ___/4
- ☐ I can name the top 3 hazards where I live
- ☐ Local alerts are on (phone + county system)
- ☐ A written family plan everyone has a copy of
- ☐ We practiced the plan in the last 12 months

B Water ___/4
- ☐ 3 days stored: 1 gallon per person per day
- ☐ 2 weeks stored for sheltering at home
- ☐ A way to treat more (filter, bleach, boiling)
- ☐ Self-filled water dated, swapped every 6 months

C Food ___/4
- ☐ 3 days of food that needs no cooking
- ☐ 2 weeks of food we actually eat, rotated
- ☐ A manual can opener and a safe way to cook
- ☐ Food for pets, babies and special diets

D Power & light ___/4
- ☐ A flashlight or headlamp per person + spares
- ☐ Charged power banks for every phone
- ☐ A plan for the fridge and any powered med device
- ☐ Generator/fuel stored safely; runs outdoors only

E Medical ___/4
- ☐ A first aid kit we know how to use
- ☐ At least 7 days of every prescription med
- ☐ A written list of meds, allergies, doctors
- ☐ Someone trained in first aid / CPR / bleeding

F Comms ___/4
- ☐ Key phone numbers written on paper
- ☐ Battery or crank radio (NOAA Weather Radio)
- ☐ A PACE plan: 4 ways to reach each other
- ☐ Two-way radios we have actually practiced with

G Documents & money ___/4
- ☐ Copies of IDs, insurance, deeds in a grab binder
- ☐ Cash in small bills, enough for a few days
- ☐ Photos or video of the home and contents
- ☐ We know if we're covered for flood (most aren't)

H Shelter, heat & sanitation ___/4
- ☐ Smoke and CO alarms, tested monthly
- ☐ Stay warm with no power (bags, layers, safe heat)
- ☐ We know how to shut off water, gas, power
- ☐ A toilet plan with no water (bucket, bags, bleach)

I Security & OPSEC ___/4
- ☐ Solid doors, working locks, outside lighting
- ☐ We don't post travel, supplies or routines online
- ☐ Kids know what not to share, and with whom
- ☐ A plan for who answers the door, and where to go

J Skills & training ___/4
- ☐ Took a class this year (CERT, first aid, radio)
- ☐ We can navigate with a paper map, no GPS
- ☐ Basic repairs with our own tools
- ☐ We've cooked and treated water with no power

K Transport & bags ___/4
- ☐ The tank is kept at least half full
- ☐ A go-bag per person, ready to grab
- ☐ A get home bag in the car or at work
- ☐ Two routes out and a place to go outside the area

L Community & MAG ___/4
- ☐ We know 3+ neighbors by name and number
- ☐ We know who has the skills we lack
- ☐ We're in a group (MAG, CERT, neighborhood)
- ☐ We agreed who checks on whom after a disaster

2 Add it up · copy each area score here, then total them. Circle any area that scored 0 or 1

A Plan	B Water	C Food	D Power	E Medical	F Comms	G Docs	H Shelter	I Security	J Skills	K Transport	L Community	TOTAL / 48

3 What your score means

0–12	**Starting out**	Most start here. Begin with water, meds, a plan.
13–24	**Building**	A few days without power or water would hurt.
25–36	**Solid base**	You can ride out a short outage. Add skills, people.
37–44	**Well prepared**	Test it: a weekend with the main breaker off.
45–48	**Ready, for now**	Keep it rotated, practiced. Help a neighbor.

Balance beats total. A 40 with a 0 in water still fails on day two. Any area at 0 or 1 is a gap, whatever your total says.

4 Fix your three lowest first

- **Lowest first.** Ties: water, medical, plan, then the rest.
- **One box per area.** Quickest or cheapest first.
- **Paper is free.** A plan, numbers on paper and a drill cost $0.

Lowest area	Score	The one box I'll tick this month
Example: B Water	*1/4*	*Buy 2 cases + date 3 jugs (Alex, 2 people)*
1.		
2.		
3.		

5 Your 30-day plan · one small job a week

Week	Area	Action	Cost	Done
Example	*E Medical*	*Ask the pharmacy about refilling early*	*$0*	☑
Week 1				☐
Week 2				☐
Week 3				☐
Week 4				☐

6 Re-score it

Today's date: _____ **Score:** _____

Re-score on (30 days): _____ **Score:** _____

Then every 6 months: _____

Also re-score after a move, a new baby, a new job, a new group member or a big storm. Use a new pen color each time so you can see the trend.

7 Go deeper · this is the quick version. The full assessment scores your real hazards first, then your capability

Know what you face
This check asks what you have. The full method starts with what's likely where you live. See *THIRA for Your Household* and PREP-CON.

Read more
Where to Start, the Preparedness Pillars and the Planning guides, plus *Your Family Emergency Plan*.

The full assessment
The Personal Preparedness Assessment Workbook: 59 hazards, logistics and skills wheels, and a prioritized plan.

The full guide: *Personal Preparedness Assessment*
fortunefavorstheprepared.com/planning/personal-preparedness-assessment/

The QR code opens the guide. Supply amounts follow Ready.gov and the American Red Cross.

Remember, Fortune Favors the Prepared
Semper Paratus, Semper Gumby