



A Day in My Life

Complete this chart to help you identify the supplies you use on a regular basis. This process will help you identify essential items you may need in an emergency.

	What are you doing at this time?	What supplies are you using? List foods, medications, items for children, pets, special needs etc.
5:00 – 6:00 am		
6:00 – 7:00 am		
7:00 – 8:00 am		
8:00 – 9:00 am		
9:00 – 10:00 am		
10:00 – 11:00 am		
11:00 – 12:00 pm		
12:00 – 1:00 pm		
1:00 – 2:00 pm		
2:00 – 3:00 pm		
3:00 – 4:00 pm		
4:00 – 5:00 pm		
5:00 – 6:00 pm		
6:00 – 7:00 pm		
7:00 – 8:00 pm		
8:00 – 9:00 pm		
9:00 – 10:00 pm		
10:00 – 11:00 pm		
11:00 – midnight		
midnight - morning		