



Organizer companion

OPTIONAL MATCHING INSERTS FOR YOUR 2027 PLANNER

Faith and home organizer inserts

Plan your days. Care for your household. Keep what matters within reach.



Matching soft neutrals, seasonal botanicals, and ornamental dividers for a personalized binder.

Includes habit trackers, meal plans, inventories, financial and household records, faith pages, goals, travel, holidays, notes, dividers, tabs, and bookmarks.

Name _____

Binder or planner title _____





Choose your inserts

PRINT THE PAGES THAT FIT YOUR LIFE

Calendar divider	3
Habit trackers	4
Meals and food inventories	17
Annual bills and financial records	28
Home vehicle and emergency inventories	33
Family dates gifts and contacts	38
Health appointments and medication records	42
Faith sermon notes and Scripture memory	47
Projects goals and next actions	52
Holidays gatherings and seasonal plans	57
Travel packing and trip budget	61
Notes and binder accessories	65

PRINTING

Use US Letter paper at actual size. Inner margins alternate for binding. Print any refill page as often as needed. Print divider and accessory pages separately when using heavier paper.

HOW TO COMBINE

Place these optional sections behind your 2027 planner, or keep them in a separate household binder. Weekly menus, logs, worksheets, and notes are reusable forms. Habit trackers are dated for 2027.

YOUR DAILY BIBLE READINGS

The daily reading assignments remain in your main 2027 planner. These inserts add Scripture memory and sermon notes; they supplement that reading plan.





CALENDAR

MATCHING BINDER DIVIDER

01

Calendar

Your monthly calendars, weekly notes, daily Bible readings, and important plans belong here.



Print this divider for your binder. Add the matching tab label from the accessory pages.





HABITS

MATCHING BINDER DIVIDER

02

Habits

Small faithful steps, repeated with care, make a useful rhythm for the year.



Print this divider for your binder. Add the matching tab label from the accessory pages.





January habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





February habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





March habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





April habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





May habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





June habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____



July habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





August habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____



September habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





October habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





November habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





December habit tracker

2027 | MARK EACH DAY YOU COMPLETE YOUR CHOSEN HABIT

Choose a few routines that help you. Set personal goals in the blank rows.

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Bible reading	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sleep routine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Daily tidy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

One habit I want to strengthen _____





MEALS

MATCHING BINDER DIVIDER

03

Meals

Plan nourishing meals, use what you have, and make grocery trips easier.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Weekly meal plan

REUSABLE WEEKLY INSERT

Week of _____

Grocery budget _____

DAY	BREAKFAST	LUNCH	DINNER	PREP OR LEFTOVERS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PRIORITY GROCERIES AND FOODS TO USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____





Weekly meal plan

REUSABLE WEEKLY INSERT

Week of _____ Grocery budget _____

DAY	BREAKFAST	LUNCH	DINNER	PREP OR LEFTOVERS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PRIORITY GROCERIES AND FOODS TO USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____





Weekly meal plan

REUSABLE WEEKLY INSERT

Week of _____

Grocery budget _____

DAY	BREAKFAST	LUNCH	DINNER	PREP OR LEFTOVERS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PRIORITY GROCERIES AND FOODS TO USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____





Weekly meal plan

REUSABLE WEEKLY INSERT

Week of _____ Grocery budget _____

DAY	BREAKFAST	LUNCH	DINNER	PREP OR LEFTOVERS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PRIORITY GROCERIES AND FOODS TO USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____





Weekly meal plan

REUSABLE WEEKLY INSERT

Week of _____

Grocery budget _____

DAY	BREAKFAST	LUNCH	DINNER	PREP OR LEFTOVERS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

PRIORITY GROCERIES AND FOODS TO USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____





Pantry inventory

REVIEW BEFORE MAKING YOUR GROCERY LIST

ITEM	QUANTITY	BEST-BY DATE	LOCATION OR NOTES



NOTE WHAT IS STORED AND USE OLDER ITEMS FIRST





Refrigerator use-first list

PLAN MEALS AROUND ITEMS YOU ALREADY HAVE

FOOD	AMOUNT	USE BY	MEAL IDEA





Favorite meals

KEEP EASY HOUSEHOLD FAVORITES TOGETHER

MEAL	MAIN INGREDIENTS	PREP TIME	RECIPE LOCATION



Source _____ Servings _____

METHOD AND TIMING



MONEY

MATCHING BINDER DIVIDER

04

Money

Keep annual obligations, renewals, savings goals, and spending records together.



Print this divider for your binder. Add the matching tab label from the accessory pages.



FOR YEARLY QUARTERLY AND IRREGULAR OBLIGATIONS

CHECK RENEWAL DATES AND WHETHER YOU STILL USE EACH SERVICE



Savings goal plan

DEFINE YOUR GOAL AND TRACK YOUR CONTRIBUTIONS

My goal _____

Target amount _____

Target date _____

Amount already saved _____

DATE	ADDED	TOTAL SAVED	NOTES

MY NEXT STEP



REVIEW SMALL PURCHASES AND YOUR MONTHLY TOTALS



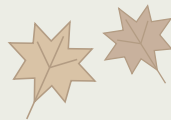
HOME

MATCHING BINDER DIVIDER

05

Home

Care for your home and vehicle with useful records, seasonal plans, and household readiness.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Seasonal home maintenance

WRITE TASKS THAT APPLY TO YOUR HOME

SEASON	TASK	DUE	DONE	NOTES
Spring				
Spring				
Spring				
Spring				
Summer				
Summer				
Summer				
Summer				
Autumn				
Autumn				
Autumn				
Autumn				
Winter				
Winter				
Winter				
Winter				



KEEP SERVICE DETAILS AND NEXT STEPS IN ONE PLACE



Vehicle maintenance

VEHICLE _____

DATE	MILEAGE	SERVICE	COST	NEXT DUE





Emergency supply inventory

REVIEW YOUR HOUSEHOLD NEEDS AND UPDATE YOUR STOCK

ITEM	HAVE	NEED	EXPIRY OR CHECK DATE	LOCATION
Food				
Water				
Light and batteries				
Communication				
Shelter and warmth				
Transportation and fuel				
Medicines and first aid				
Sanitation and hygiene				
Documents and cash				
Other				
Other				
Other				
Other				
Other				
Other				





FAMILY

MATCHING BINDER DIVIDER

06

Family

Remember important people, meaningful dates, thoughtful gifts, and useful contacts.



Print this divider for your binder. Add the matching tab label from the accessory pages.



A YEARLY REFERENCE FOR DATES YOU WANT TO REMEMBER



Gift planner

PLAN THOUGHTFUL GIFTS AND KEEP TRACK OF YOUR BUDGET

PERSON	OCCASION	GIFT IDEA	BUDGET	BOUGHT OR SENT





Helpful contacts

FAMILY FRIENDS CHURCH AND HOUSEHOLD SERVICES

NAME OR SERVICE	PHONE	EMAIL OR ADDRESS	NOTES





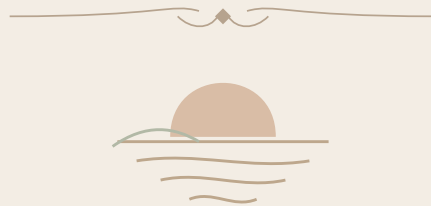
HEALTH

MATCHING BINDER DIVIDER

07

Health

Keep appointment details, prescribed medication information, refills, and questions for your care team.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Health appointments

RECORD SCHEDULED VISITS AND FOLLOW-UP TASKS

DATE AND TIME	PROVIDER	PURPOSE	FOLLOW-UP



COPY CURRENT DIRECTIONS FROM YOUR PRESCRIPTION OR CARE TEAM





Medication refill tracker

KEEP CONTACT AND REFILL DETAILS UP TO DATE

MEDICATION	PHARMACY OR PHONE	NEXT REFILL	REQUESTED	PICKED UP





Questions for my appointment

VISIT PREPARATION AND FOLLOW-UP NOTES

Provider and appointment date _____

QUESTIONS I WANT TO ASK

SYMPTOMS OR CHANGES TO DISCUSS

INSTRUCTIONS AND NEXT STEPS FROM MY CARE TEAM





FAITH

MATCHING BINDER DIVIDER

08

Faith

Keep learning Scripture, praying for others, serving your church,
and remembering God's faithfulness.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Sermon notes

LISTEN REFLECT AND APPLY

Date church and speaker _____

Sermon title and Scripture _____

MAIN TEACHING AND SUPPORTING PASSAGES

WHAT I LEARNED ABOUT GOD

HOW I WILL RESPOND THIS WEEK

QUESTIONS TO STUDY OR DISCUSS





Scripture memory

READ UNDERSTAND REPEAT AND REVIEW

Verse or passage reference _____

Translation _____

WRITE THE VERSE OR PASSAGE

MEANING AND SURROUNDING CONTEXT

HOW I WILL LIVE THIS TRUTH

Review dates _____



PLAN FELLOWSHIP SERVICE AND COMMITMENTS





Prayer and answered prayer

RECORD REQUESTS AND THE WAYS YOU SEE GOD WORK

DATE	PERSON OR REQUEST	FOLLOW-UP	ANSWER OR THANKSGIVING





PROJECTS

MATCHING BINDER DIVIDER

09

Projects

Turn ideas into clear next steps with achievable goals and room to reflect.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Project plan

ONE PROJECT AT A TIME

Project name _____

Desired result _____

Target date _____

Estimated cost and resources _____

NEXT STEP	DUE	DONE	NOTES
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	
		☐	

First action I will take _____

Review date _____





Quarterly goals

2027 | ONE PRIORITY AND A FEW PRACTICAL STEPS

JANUARY TO MARCH

Main goal _____

Next steps _____

Progress and review _____

APRIL TO JUNE

Main goal _____

Next steps _____

Progress and review _____

JULY TO SEPTEMBER

Main goal _____

Next steps _____

Progress and review _____

OCTOBER TO DECEMBER

Main goal _____

Next steps _____

Progress and review _____



CHOOSE A CLEAR DOABLE ACTION FOR EACH ITEM



HOLIDAYS

MATCHING BINDER DIVIDER

10

Holidays

Plan gatherings, menus, gifts, and meaningful traditions with space to enjoy them.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Holiday and gathering plan

REUSABLE FOR HOLIDAYS CELEBRATIONS AND HOSTING

Occasion and date _____

People and location _____

Spending limit _____

PLANS AND TASKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PEOPLE TO CONTACT AND SUPPLIES TO GATHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEANINGFUL TRADITIONS AND THINGS TO REMEMBER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____





Gathering menu

PLAN DISHES WHO IS BRINGING THEM AND WHAT TO PREPARE

DISH OR DRINK	PERSON	INGREDIENTS OR SUPPLIES	PREP TIME





Holiday gift budget

PLAN YOUR SPENDING AND CHECK OFF EACH STEP

PERSON	GIFT IDEA	BUDGET	ACTUAL	WRAPPED OR SENT





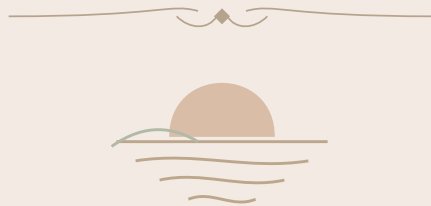
TRAVEL

MATCHING BINDER DIVIDER

11

Travel

Keep plans, reservations, packing, transport, and travel costs together.



Print this divider for your binder. Add the matching tab label from the accessory pages.





Trip plan

REUSABLE TRAVEL INSERT

Destination _____

Travel dates _____

Transportation and reservation _____

Accommodation and contact _____

DATE	PLAN OR RESERVATION	TIME	DETAILS

Household arrangements while away _____

Things to confirm before leaving _____





Packing list

CHECK WHAT APPLIES TO YOUR TRIP

CLOTHING AND SHOES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PERSONAL CARE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DOCUMENTS AND MONEY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HEALTH AND PRESCRIBED MEDICINES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

ELECTRONICS AND CHARGERS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TRAVEL AND OTHER ESSENTIALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____





Travel budget

PLAN ESTIMATES AND RECORD ACTUAL COSTS

EXPENSE	PLANNED	ACTUAL	PAID	NOTES
Transport				
Accommodation				
Meals				
Activities				
Travel supplies				
Other				
Other				
Other				
Other				
Other				
Other				
Other				
Other				
Other				
Other				
Other				



NOTES

MATCHING BINDER DIVIDER

12

Notes

Room for lists, sketches, ideas, meeting notes, and the details of daily life.



Print this divider for your binder. Add the matching tab label from the accessory pages.



DATE _____ TOPIC _____





Dot grid notes

SKETCH PLAN OR WRITE FREELY

A large rectangular area filled with a light gray dot grid pattern, intended for sketching or writing.





Open notes

SPACE FOR YOUR OWN ORGANIZING SYSTEM





Matching binder tab labels

PRINT AT ACTUAL SIZE | CUT FOLD AND ATTACH

Each label has two matching halves. Cut around the outer border, fold at the dashed center line, and attach to your divider using your preferred tabs or adhesive.

Calendar	Calendar	Habits	Habits
Meals	Meals	Money	Money
Home	Home	Family	Family
Health	Health	Faith	Faith
Projects	Projects	Holidays	Holidays
Travel	Travel	Notes	Notes

Use a few sections or all twelve. The divider pages and refill forms can be printed separately whenever you need them.





Printable bookmarks

CUT AROUND EACH BOOKMARK | USE WITH YOUR PLANNER OR BIBLE

Print on heavier paper if preferred. Cut along the borders and use as place markers.

TODAY





THIS WEEK





BIBLE STUDY





Global Emergency Supplies & Inventory Checklist

A practical companion for long outages, shortages, displacement, unsafe water, smoke/dust, sanitation failure, communication loss, and other severe disruptions.

Use local equivalents. You do not need specific brands or expensive equipment. Choose safe, affordable foods and supplies commonly available where you live. Prioritize water, staple food, sanitation, shelter, first aid, light, and information before specialty gear.

Important safety: This checklist does not guarantee survival and does not replace local emergency, medical, fire, or public-health instructions. For water treatment, use boiling, an appropriate filter, purification products, or chlorine only according to trusted local/official instructions. Never mix bleach/chlorine with other cleaners.

Water & Water Treatment

Have	Need	Item / local equivalent	Qty
■	■	Clean drinking water stored in food-grade containers; use locally available bottles, jerrycans, drums, tanks, or other safe containers.	
■	■	Extra water for cooking and hygiene, not only drinking.	
■	■	Water filter appropriate for drinking water, if available.	
■	■	Backup treatment: boiling fuel/method, purification tablets, or locally approved chlorine product used exactly as directed.	
■	■	Clean cloth/coffee filter/paper filter for pre-filtering cloudy water before boiling or disinfection.	
■	■	Lidded bucket or covered vessel for clean-water storage; separate container for carrying water.	
■	■	Collapsible water container or spare bottles for travel/evacuation.	
■	■	Cup, ladle, or pouring device that keeps hands out of stored drinking water.	

Staple Carbohydrates / Energy Foods

Have	Need	Item / local equivalent	Qty
■	■	Rice - white rice stores especially well when dry and sealed.	
■	■	Maize/cornmeal, millet, sorghum, cassava flour, or another locally common dry staple.	
■	■	Oats or other rolled grain.	
■	■	Dry pasta/noodles.	
■	■	Wheat berries, flour, or another locally used grain; rotate flour more often than whole grain.	
■	■	Crackers, flatbread ingredients, dry cereal, or other shelf-stable ready-to-eat carbohydrate.	
■	■	Potatoes/sweet potatoes only when storage conditions allow; otherwise use dehydrated forms.	
■	■	Sugar, honey, or another shelf-stable sweetener for calories and food preparation.	

Protein Foods

Have	Need	Item / local equivalent	Qty
■	■	Dry beans, lentils, peas, chickpeas, cowpeas, or other local pulses.	
■	■	Canned or pouch fish where available (such as tuna, sardines, mackerel, salmon, or local fish).	
■	■	Canned or shelf-stable meat where culturally appropriate and available.	
■	■	Peanut butter, nut butter, seed butter, peanuts, nuts, or seeds; rotate because fats can become rancid.	
■	■	Powdered milk or shelf-stable milk where appropriate.	
■	■	Soy foods, textured vegetable protein (TVP), or other shelf-stable plant protein where available.	
■	■	Protein-rich ready-to-eat foods suitable for children, older adults, or anyone with special dietary needs.	

Fruits & Vegetables

Have	Need	Item / local equivalent	Qty
■	■	Canned/jarred vegetables or local shelf-stable vegetables.	
■	■	Dried or dehydrated vegetables.	
■	■	Canned/jarred fruit packed in juice or water where possible.	
■	■	Dried fruit such as raisins, dates, apricots, mango, banana, or locally available fruit.	
■	■	Tomato paste/sauce or other preserved vegetables used in local cooking.	
■	■	Seaweed, dried greens, or other locally available nutrient-dense shelf-stable foods.	
■	■	Garden seeds suited to the local climate, plus seed-saving envelopes/containers.	

Fats, Flavor & Comfort Foods

Have	Need	Item / local equivalent	Qty
■	■	Cooking oil, ghee, shortening, coconut oil, or another shelf-stable cooking fat; rotate regularly.	
■	■	Salt - useful for cooking and food preservation.	
■	■	Bouillon/stock cubes, dry soup, spices, herbs, sauces, or seasonings that make staple foods easier to eat.	
■	■	Tea, coffee, cocoa, powdered drink mix, or another familiar comfort drink.	
■	■	Hard candy, chocolate, biscuits/cookies, or another small comfort food that stores reasonably well.	
■	■	Electrolyte drink powder or oral rehydration salts (ORS) where available.	
■	■	Multivitamins if normally used; rotate by labeled date and do not treat them as a substitute for food.	

Cooking & Eating

Have	Need	Item / local equivalent	Qty
■	■	Manual can opener.	
■	■	Cooking pot with lid, metal cup, bowl/plate, spoon/fork, and basic utensils.	
■	■	Safe non-electric cooking method appropriate to local conditions and ventilation.	
■	■	Matches and/or lighters kept dry and away from children and fuel.	
■	■	Heat-resistant gloves or pot holder.	
■	■	Knife or multipurpose tool, used and stored safely.	
■	■	Reusable food containers and sealable bags.	
■	■	Simple method to measure water/food portions.	

Shelter, Camping & Clothing

Have	Need	Item / local equivalent	Qty
■	■	Tarp, heavy plastic sheet, groundsheet, or other waterproof covering.	
■	■	Cord/rope/twine and spare ties.	
■	■	Blankets, sleeping bags, quilts, or locally appropriate warm bedding.	
■	■	Sleeping mat, foam pad, hammock, or other barrier from cold/wet ground.	
■	■	Rain poncho/raincoat and weather-appropriate outerwear.	
■	■	Sturdy closed-toe shoes/boots plus spare socks.	
■	■	Work gloves.	
■	■	Warm hat/gloves for cold climates; sun hat/light clothing for hot climates.	
■	■	Mosquito net where insect-borne disease is a concern.	

Have	Need	Item / local equivalent	Qty
■	■	Insect repellent where appropriate and available.	
■	■	Sunscreen or shade cloth in high-sun environments.	
■	■	Emergency blanket/reflective sheet if available.	

Light, Safety & Air Protection

Have	Need	Item / local equivalent	Qty
■	■	Torch/flashlight or headlamp; self-powered, solar, rechargeable, or battery model depending on local availability.	
■	■	Spare batteries or charging method that matches the light/radio.	
■	■	Whistle for signaling.	
■	■	Particulate mask such as N95/FFP2/KN95 or the best locally available well-fitting dust/smoke mask.	
■	■	Safety glasses/goggles for debris, dust, or cleanup.	
■	■	Fire extinguisher or fire blanket where available and suitable for the home.	
■	■	Duct tape/strong repair tape.	
■	■	Reflective tape, marker, or bright cloth for signaling/markings hazards.	
■	■	Spare keys for home/vehicle/storage where relevant.	

Sanitation & Hygiene

Have	Need	Item / local equivalent	Qty
■	■	Soap for hands and bathing.	
■	■	Laundry detergent or washing soap.	
■	■	Toothbrushes and toothpaste/tooth-cleaning supplies.	
■	■	Toilet paper, tissue, or locally used hygiene alternative.	
■	■	Heavy-duty garbage bags and plastic ties.	
■	■	Bucket with lid for sanitation/waste when toilets are unavailable; keep separate from drinking-water containers.	
■	■	Menstrual products: reusable pads, disposable pads, menstrual cup, or locally preferred option.	
■	■	Diapers/nappies and child potty if needed.	
■	■	Hand sanitizer when soap and safe water are not immediately available.	
■	■	Unscented household bleach/chlorine product only where locally appropriate; never mix with other cleaners and follow official/label directions.	
■	■	Cleaning cloths, scrub brush, and disinfecting supplies.	
■	■	Basic privacy material (sheet/tarp) if sanitation facilities are exposed.	

First Aid & Health

Have	Need	Item / local equivalent	Qty
■	■	Basic first-aid kit: adhesive bandages, gauze, tape, antiseptic, wound-cleaning supplies, and scissors.	
■	■	Thermometer.	
■	■	Personal prescription medicines, obtained and stored according to local law and medical instructions.	
■	■	Common nonprescription medicines normally used by the household, following local guidance and labels.	
■	■	Oral rehydration salts (ORS) where available, especially useful during diarrheal illness/dehydration.	
■	■	Prescription copies, medical information, allergy list, and eyeglasses/vision supplies if needed.	
■	■	Infant feeding supplies or special dietary/medical supplies for household members who need them.	

Tools, Repair & Garden

Have	Need	Item / local equivalent	Qty
■	■	Pliers/wrench and basic hand tools appropriate to the home.	
■	■	Hammer, screwdrivers, nails/screws, and small repair kit.	
■	■	Shovel/spade, hoe, trowel, or other simple garden tools where land is available.	
■	■	Sewing kit with needles, strong thread, buttons, and safety pins.	

Have	Need	Item / local equivalent	Qty
■	■	Cordage, wire, zip ties, fasteners, and patch material.	
■	■	Buckets/basins for washing, carrying, and general work.	
■	■	Broom/brush and dustpan.	
■	■	Rodent/insect-proof food containers where pests are common.	

Information, Communication & Documents

Have	Need	Item / local equivalent	Qty
■	■	Battery, hand-crank, or solar radio that can receive local emergency/news broadcasts; shortwave may be useful in some regions.	
■	■	Paper maps of the local area and nearby routes.	
■	■	Printed emergency contacts and family meeting information.	
■	■	Notebook, pencils/pens, permanent marker.	
■	■	Copies of identification, medical records, insurance/property papers, and other important records in a waterproof pouch.	
■	■	Cash in small local denominations where lawful/useful; do not rely only on electronic payment.	
■	■	Printed first-aid, water-treatment, local emergency, and food-preparation instructions.	
■	■	Physical Bible and other important printed reference material.	
■	■	Offline digital backup/USB stored dry and protected if you choose to use one.	

Household-Specific Needs

Have	Need	Item / local equivalent	Qty
■	■	Baby food/formula and feeding supplies if needed; use safe water and follow local health guidance.	
■	■	Pet/service-animal food, water, leash/carrier, and medicines if applicable.	
■	■	Extra supplies for older adults or people with disabilities.	
■	■	Spare eyeglasses, hearing-aid batteries, mobility-device supplies, or other assistive items.	
■	■	Children's comfort/learning items such as books, cards, simple games, pencils, and paper.	
■	■	Climate-specific items: extra blankets/heater-safe supplies for cold; shade, water containers, and cooling cloths for heat.	

Food Inventory & Rotation

Track what you have, what you still need, and when foods should be rotated. Choose foods your household normally eats and can safely prepare with the fuel and water you expect to have.

Water, Fuel & Essential Supplies Inventory

Track quantities and condition. Store hazardous fuels/chemicals separately from food, drinking water, medicines, documents, and printed materials.

Build It Gradually - Low-Cost Priority Order

1. **Water first** - Clean containers, a way to carry/store water, and at least one reliable treatment method.
2. **Staple food** - Dry local staples + pulses/beans + salt + cooking fat + foods that can be eaten with little cooking.
3. **Sanitation** - Soap, lidded bucket, garbage bags, menstrual/diaper needs, toilet supplies.
4. **Light and signaling** - Torch/headlamp, batteries/charging, whistle.
5. **Shelter and warmth** - Tarp/plastic sheeting, cord, blankets/bedding, rain protection, sturdy shoes.
6. **First aid and medicines** - Basic wound care, thermometer, personal medicines, ORS where available.
7. **Cooking and tools** - Pot, can opener, safe cooking method, matches/lighter, pliers/basic tools.
8. **Information** - Radio compatible with local broadcasts, maps, contacts, printed instructions, notebook/pencil.
9. **Household-specific needs** - Children, older adults, disability needs, pets/service animals, climate-specific supplies.
10. **Add comfort and redundancy** - Tea/coffee, seasonings, games/books, duplicate water/light methods, extra containers.

Global sourcing rule: Buy locally when possible. A safe bucket can substitute for a branded water carrier; a locally common grain can substitute for rice; a quilt can substitute for a sleeping bag; a basic torch can substitute for an expensive lantern. The goal is function, safety, repairability, and affordability.

Reference basis: Original Millions Missing Biblical Tribulation Survival Manual supply pages, plus broadly applicable emergency-preparedness principles used by WHO, UNICEF, IFRC/Red Cross, and government emergency supply guidance. Adapt quantities and products to local climate, household size, culture, laws, and public-health advice.

How Much Do I Need?

Simple household planning tables for water, food days, medicines, sanitation, and rotating supplies. These are planning aids, not a promise that any amount can guarantee survival in every emergency.

Official emergency baseline: CDC and the American Red Cross advise planning about 1 U.S. gallon (3.8 litres) of water per person per day. Red Cross recommends a 3-day portable kit and about a 2-week stay-at-home supply of food and water. Longer timeframes below show the arithmetic so households can plan storage, replenishment, collection, and treatment rather than assuming all water must be stored at once.

Water Planning - Drinking, Food Preparation & Basic Sanitation

Household	Period	Gallons	Litres (approx.)
1 person	1 week	7	26 L
1 person	2 weeks	14	53 L
1 person	1 month	30	114 L
1 person	3 months	90	341 L
1 person	6 months	180	681 L
1 person	1 year	365	1,382 L
2 persons	1 week	14	53 L
2 persons	2 weeks	28	106 L
2 persons	1 month	60	227 L
2 persons	3 months	180	681 L
2 persons	6 months	360	1,363 L
2 persons	1 year	730	2,763 L
4 persons	1 week	28	106 L
4 persons	2 weeks	56	212 L
4 persons	1 month	120	454 L
4 persons	3 months	360	1,363 L
4 persons	6 months	720	2,725 L
4 persons	1 year	1,460	5,526 L
6 persons	1 week	42	159 L
6 persons	2 weeks	84	318 L
6 persons	1 month	180	681 L
6 persons	3 months	540	2,044 L
6 persons	6 months	1,080	4,088 L
6 persons	1 year	2,190	8,289 L

Long-duration reality: One person for one year equals about 365 gallons / 1,382 L. Four people would equal about 1,460 gallons / 5,527 L. For most households that is not practical to store. Combine a safe stored reserve with a realistic, locally appropriate way to collect, transport, filter, boil, or otherwise treat water according to public-health guidance.

Food Planning - Use Person-Days, Not One Universal Menu

Food needs vary by age, health, climate, activity, culture, allergies, pregnancy, and what can actually be cooked with available fuel and water. A globally useful way to plan is by **person-days**: one person supplied for one day. If you normally eat three meals, multiply person-days by three for meal-equivalents.

Household	Period	Person-days	Meal-equivalents (3/day)
1 person	1 week	7	21
1 person	2 weeks	14	42
1 person	1 month	30	90
1 person	3 months	90	270
1 person	6 months	180	540
1 person	1 year	365	1,095
2 persons	1 week	14	42
2 persons	2 weeks	28	84
2 persons	1 month	60	180
2 persons	3 months	180	540
2 persons	6 months	360	1,080
2 persons	1 year	730	2,190
4 persons	1 week	28	84
4 persons	2 weeks	56	168
4 persons	1 month	120	360
4 persons	3 months	360	1,080
4 persons	6 months	720	2,160
4 persons	1 year	1,460	4,380
6 persons	1 week	42	126
6 persons	2 weeks	84	252
6 persons	1 month	180	540
6 persons	3 months	540	1,620
6 persons	6 months	1,080	3,240
6 persons	1 year	2,190	6,570

Build each person-day from locally available foods: staple carbohydrate (rice, maize/cornmeal, millet, sorghum, cassava, oats, pasta/noodles, potatoes or another staple); protein (beans, lentils, peas, canned fish/meat, nuts/seeds, shelf-stable dairy or local alternative); vegetables/fruit (canned, dried, preserved, or shelf-stable local produce); cooking fat; salt/seasoning; and small comfort foods where affordable.

Choose foods your household already eats. Favor foods that need little water or fuel when utilities may be limited. Rotate oils, nut butters and other higher-fat foods more often because they can become rancid sooner than dry grains and sugar/salt.

Household Supply Targets by Timeframe

Category	1 week	1 month	3+ months / long duration
Water	Stored reserve + safe containers	Stored reserve + reliable treatment / collection plan	Redundant collection, treatment, transport and storage methods
Food	7 person-days each	30 person-days each	Rotate staples; add gardening or food-production options where practical
Medicines	Routine supply on hand where lawful	Plan refill continuity; Red Cross suggests 1 month when possible	Plan legal refill access, alternatives, cold-chain needs and a written medication list
Sanitation	Soap, toilet method, bags and personal hygiene needs	Replacement stock + cleaning supplies	Repairable / reusable options and a safe waste-management plan
Light / Power	Primary light + backup	Spare batteries / charging + second light	Multiple independent methods; protect batteries from heat and moisture
Cooking	Safe basic method + pot	Fuel plan sized to normal foods	Lower-fuel recipes, alternate safe method, fuel rotation and safe storage
Information	Contacts, maps and radio	Printed references + backup radio / power	Multiple ways to receive local information; maintain paper copies

Quick Household Formula

- Water planning math: household size x days x 1 gallon (3.8 L).
- Food planning math: household size x days = person-days of food.
- Meal-equivalent planning: person-days x meals normally eaten per day.
- Always add household-specific needs: infants, pregnancy, older adults, disabilities, allergies, medical diets, pets/service animals, and climate.
- Do not buy everything at once if money is tight. Add a few shelf-stable foods, water containers, hygiene items, batteries, first-aid items, or other basics during normal shopping and rotate what you use.