

7-Day Prep Progress Tracker

Check off one task per day. No stress. Just progress.

Day 1
 Water & hydration

Day 2
 Communication

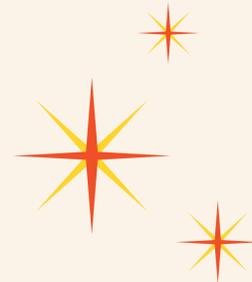
Day 3
 Food

Day 4
 First aid kit 

Day 5
 Light & power

Day 6
  Documents & cash

Day 7 
 Review & pack



Progress:

Notes / What's missing: _____



Each box represents one day.
Complete the task → fill one box.
Finish all 7 boxes = fully prepped for the week.