

The 90-Day Food & Fuel Inventory Tracker

Tape this to the inside of your pantry door. Update once a month. Stop the 40% waste.

Progress Bars — Where are you today?

Category	72-Hour	2-Week	90-Day	Date Hit
Food (calories/person/day)	■	■	■	_____
Water (1 gal/person/day)	■	■	■	_____
Fuel (cooking + heating)	■	■	■	_____
First-aid + meds	■	■	■	_____
Power (batteries, solar)	■	■	■	_____

FIFO Rotation Grid — Top 12 Items

Item	Qty	Purchase Date	Rotate By	Item	Qty	Purchase Date	Rotate By
1. _____	_____	_____	_____	7. _____	_____	_____	_____
2. _____	_____	_____	_____	8. _____	_____	_____	_____
3. _____	_____	_____	_____	9. _____	_____	_____	_____
4. _____	_____	_____	_____	10. _____	_____	_____	_____
5. _____	_____	_____	_____	11. _____	_____	_____	_____
6. _____	_____	_____	_____	12. _____	_____	_____	_____

Budget Milestones (Chapter 3 framework)

- \$50 Phase — 3 days food, water filter, flashlight, basic first-aid
- \$100 Phase — add 2-week shelf-stable food, propane stove + 1 canister
- \$200 Phase — add water storage (15+ gal), backup heat, full med kit

Family Coordination Quick-Check (Chapter 8)

- Kids: 7-day food THEY will actually eat (no novelty foods in crisis)
- Pets: 14-day food + meds + carrier per animal
- Elderly parent: 30-day prescription meds noted + spare glasses
- Communication plan written + posted (out-of-state contact, meeting place)

Full prep system + meal plans in “The Family Food and Fuel Prepping Handbook” —
theskillmillbooks.com/family-prepping/