



## Prepping Assessment

This assessment can be just for you, or it can be shared with us. If you don't feel comfortable, no worries! Just print it out and put it in your binder. At the end of the course, there will be some points of comparison to help you see how much you've accomplished, as well as the things you need to work on.

- 1. For how long have you been actively prepping?**
  - a) Less than 6 months
  - b) More than 6 months but less than 2 years
  - c) For longer than 2 years
- 2. Are your family members on board with preparedness?**
  - a) Yes
  - b) No
- 3. If not, has it caused difficulty with your preparedness efforts? Please explain briefly.**
  
- 4. How long could you feed your family with only the supplies you have on hand?**
  - a) Less than 2 weeks
  - b) 1-2 months
  - c) Up to a year
  - d) Longer than a year
- 5. If your answer is less than a year, what is the biggest thing holding you back?**
  - a) Money

- b) Time
- c) Space to store things
- d) Spouse/family members are not on board
- e) Other (please explain briefly)

**6. Are there any family members with chronic illnesses or health concerns that you will be preparing for? If so, please indicate below:**

- Alzheimer's and other forms of dementia
- Arthritis
- Asthma, COPD, or other respiratory ailments
- Autoimmune disorders
- Diabetes
- Food allergies or intolerances
- Heart Disease
- High Blood Pressure
- Hormonal disorders
- Mental illness
- Obesity
- Osteoporosis
- Other concerns (Please list health issues here)

**7. Have you done an inventory of your supplies during the past 6 months?**

- a) Yes
- b) No

**8. What are the reasons that you feel the most compelled to prep? Please check all that apply:**

- National economic instability
- Personal economic instability
- Living in an area prone to natural disasters like winter storms, hurricanes, or tornadoes
- Concerns about civil unrest
- Pandemics

- A political/social climate that is increasingly unfriendly toward liberty and self-sufficiency
- Terrorism
- Worst case scenario disasters like EMPs, solar flares, war, societal breakdown, and economic collapse

9. Other concerns (Please explain briefly)

10. Are there any major concerns that this quiz did not cover? Please let us know!

11. In your own words, please tell us what you hope to accomplish during the Summer Prepping Intensive. This feedback will help us to adapt the course so that we can meet your needs.