MERET | Minnesota Emergency Readiness Education & Training

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.
5:00-6:00am		
6:00-7:00am		
7:00-8:00am		
8:00-9:00am		
9:00-10:00am		
10:00-11:00am		
11:00-12:00pm		
12:00-1:00pm		
1:00-2:00pm		
2:00-3:00pm		
3:00-4:00pm		
5:00-6:00pm		
6:00-7:00pm		
7:00-8:00pm		
8:00-9:00pm		
9:00-10:00pm		
10:00-11:00pm		
11:00-midnight		
midnight-morning		