



72-HOUR KIT

12-Week Challenge WEEK FIVE

To make the process of assembling kits more manageable, try selecting one task to work on each day of the week. This will help you make steady progress towards your goal.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Week Five:

In week five of the challenge, I want you to buy a first-aid kit and a flashlight for your 72-Hour Kits. I also want you to search your home for specific medications, etc. Scan the QR code to learn more!





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