

Survival Checklist

Student Name _____

Date _____

Prepare Food

Can you

- Set the table? Yes _____ No _____
- Use the microwave and stove? Yes _____ No _____
- Recognize food groups? Yes _____ No _____
- Plan meals for a week? Yes _____ No _____
- Prepare balanced diet? Yes _____ No _____
- Recognize if food has spoiled? Yes _____ No _____
- Locate expiration dates? Yes _____ No _____
-

Shopping

Can you

- Make a grocery list? Yes _____ No _____
- Buy within a budget? Yes _____ No _____
- Compare prices? Yes _____ No _____
- Take advantage of sale items? Yes _____ No _____
- Return items to stores? Yes _____ No _____
- Keep sales slips? Yes _____ No _____
- Search for sales? Yes _____ No _____
-

Geography

Can you

- Give directions to familiar places in your town? Yes _____ No _____
- Name surrounding towns and cities? Yes _____ No _____
- Read street signs? Yes _____ No _____
- Use road maps or a GPS? Yes _____ No _____
-

Math

Can you

- Use a calculator? Yes _____ No _____
- Make change for a dollar? Yes _____ No _____
- Make change for one hundred dollars? Yes _____ No _____
- Tell time? Yes _____ No _____
- Measure in feet? Yes _____ No _____
- Measure in inches? Yes _____ No _____
- Use measuring cups accurately? Yes _____ No _____
- Use measuring spoons correctly? Yes _____ No _____
-

Reading

Can you read

- The newspaper? Yes _____ No _____
- Directions on medication? Yes _____ No _____
- A recipe? Yes _____ No _____
- A job application? Yes _____ No _____
- A bank statement? Yes _____ No _____
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Home Maintenance

Can you

- Hang a picture? Yes _____ No _____
- Paint a room? Yes _____ No _____
- Mow the yard? Yes _____ No _____
- Replace light bulbs? Yes _____ No _____
- Dust the furniture? Yes _____ No _____
- Run the sweeper? Yes _____ No _____
- Mop the floors? Yes _____ No _____
- Wash your own clothing? Yes _____ No _____
- Clean and disinfect the bathroom? Yes _____ No _____
-

Wash the dishes? Yes _____ No _____

Use a hammer? Yes _____ No _____

Use a screwdriver? Yes _____ No _____

Use pliers? Yes _____ No _____

Health

Can you

Clean and bandage your own cut?
Yes _____ No _____

Treat a minor burn? Yes _____ No _____

Take over-the-counter medication correctly?
Yes _____ No _____

Use a thermometer? Yes _____ No _____

Decide when to go to the doctor? Yes _____ No _____

Communication

Can you

Use a cell phone? Yes _____ No _____

Dial a long-distance number? Yes _____ No _____

Make a collect call? Yes _____ No _____

Write a thank you note? Yes _____ No _____

Write and send an e-mail? Yes _____ No _____

Employment

Do you

Know how to fill out a job application?
Yes _____ No _____

Know three references you could use when applying
for a job? Yes _____ No _____

Know what an employer is looking for in an
employee? Yes _____ No _____

Have a social security card? Yes _____ No _____

Have a state ID or driver's license?
Yes _____ No _____

Have a savings or checking account?
Yes _____ No _____