

BOOK 2: THE 3-YEAR FAMILY LIFE & WISDOM AGENDA

156-Week Personal Growth, Health, School Supplies, Emergency & Household Administration

SECTION 1: FAMILY HEALTH & CHILDREN GROWTH PROFILES

TAB 1

Family Member	[] Status Check	Shirt Size	Pants Size	Shoe Size	Last Measured
Child 1 (Elementary)	[] Growth Logged [] Doctor OK	Size 8-10 (M)	8-10 Youth	Size 3 Y	2026-09-15
Child 2 (Junior High)	[] Growth Logged [] Doctor OK	Size 14-16 (L)	14-16 Youth	Size 7 Y	2026-09-15
Parent 1	[] Checkup Current	Medium / 15.5	32 x 30	Size 10 M	2026-01-10
Parent 2	[] Checkup Current	Small / 6-8	28 x 30	Size 7.5 W	2026-01-10

SECTION 2: VACCINATION & CHECKUP PERIODICITY LOG

TAB 2

Age Group	Recommended Checkup Frequency	[] Vaccination & Milestone Check	Next Due Date
Infants (0-2 yrs)	1, 2, 4, 6, 9, 12, 15, 18, 24 Months	[] MMR [] DTaP [] HepB [] Polio	As Scheduled
Kids (3-12 yrs)	Annual Physical & Bi-Annual Dental	[] Booster Current [] Vision/Dental OK	Annual (Fall)
Teens (13-17 yrs)	Annual Adolescent Physical & Sports	[] Tdap [] HPV [] MenACWY Current	Annual (Fall)
Adults (18-64 yrs)	Annual Wellness Exam & Bloodwork	[] Tdap (10 yr) [] Flu [] Screening OK	Annual (Jan)

SECTION 3: SCHOOL SUPPLIES CHECKLISTS

TAB 3

Category / Level	☐ In Stock / Reused	☐ Need to Buy	☐ Purchased & Packed
Elementary: Notebooks & Paper	☐ Wide-Ruled Notebooks (x4)	☐ Primary Writing Pad	☐ Packed in Backpack
Elementary: Art & Writing	☐ Crayons & Washable Markers	☐ Safety Scissors & Glue Sticks	☐ Packed in Pencil Box
Junior High: Binders & Folders	☐ 2-Inch 3-Ring Binder (x2)	☐ Subject Dividers (5-Tab)	☐ Packed in Binder
Junior High: Tech & Math	☐ Scientific Calculator (TI-30)	☐ USB Flash Drive & Earbuds	☐ Packed in Tech Pouch

SECTION 4: NUTRITION BUDGET & HOUSEHOLD STAPLES CHECKLISTS

TAB 4

Category	4-Macro Portion Balance	☐ Weekly Inventory Checkmark	Target Budget
Carbohydrates	30% (Oats, Rice, Sweet Potatoes)	☐ In Stock ☐ Low ☐ Buy	\$35.00 / wk
Proteins	30% (Chicken, Eggs, Fish, Beans)	☐ In Stock ☐ Low ☐ Buy	\$65.00 / wk
Fruits & Veggies	40% (Berries, Citrus, Greens)	☐ In Stock ☐ Low ☐ Buy	\$45.00 / wk
Soaps & Liquids	Downy, Clorox, Pinol, Vinegar	☐ In Stock ☐ Low ☐ Buy	\$25.00 / mo
Paper Goods	Toilet Paper, Napkins, Trash Bags	☐ In Stock ☐ Low ☐ Buy	\$20.00 / mo

WEEKLY GROCERY & ESSENTIALS 4" x 4" POST-IT ZONE

(Standard 4" x 4" Sticky Note Target Area)

SECTION 5: EMERGENCY EVACUATION & REUNION PLANS

TAB 5

EMERGENCY QUICK-REFERENCE (CUT & LAMINATE)

FIRE / POLICE / AMBULANCE: 911
PRIMARY REUNION POINT: _____
SECONDARY REUNION POINT: _____
FAMILY ICE CONTACT: _____
GAS / WATER MAIN SHUTOFF LOC: _____
POISON CONTROL: 1-800-222-1222 | NEAREST ER: _____

SECTION 6: 156-WEEK WISDOM & WEEKLY REFLECTION SPREAD

TAB 6

Week #	PhilosophersNote Focus	Psalm Reflection	[] Mental Exercise & Affirmation Spoken
Week 1	Definiteness of Purpose	Psalm 23 (Quiet Confidence)	[] Exercise Done [] Affirmation Spoken
Week 2	Mastering Fear & Doubt	Psalm 46 (Inner Stillness)	[] Exercise Done [] Affirmation Spoken
Week 3	Self-Discipline & Focus	Psalm 91 (Emotional Immunity)	[] Exercise Done [] Affirmation Spoken

SECTION 7: OFFLINE FOOT & SHOE CALIBRATION SCALE

TAB 7

OFFLINE SHOE & FOOT CALIBRATION SCALE (Place Heel at Left Baseline)

