

# Survival Log Sheet

A survival log sheet helps you track essential information during an emergency or survival situation. Record your activities, supplies, and important observations to help you stay organized and focused.

## 1. Date and Time

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## 2. Location

Current Location: \_\_\_\_\_

Coordinates (if known): \_\_\_\_\_

Nearby Landmarks: \_\_\_\_\_

## 3. Weather Conditions

Temperature: \_\_\_\_\_

Weather (sunny, cloudy, rainy, etc.): \_\_\_\_\_

Wind Speed/Direction: \_\_\_\_\_

## 4. Activities and Notes

Activities Completed:

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Notes and Observations:

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## 5. Food and Water Log

Food Consumed:

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Water Consumed (liters): \_\_\_\_\_

Water Remaining (liters): \_\_\_\_\_

## 6. Supplies Inventory

Supplies Used:

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Supplies Remaining:

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## 7. Health Status

Physical Condition (e.g., injuries, fatigue): \_\_\_\_\_

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Mental Condition (e.g., stress, morale): \_\_\_\_\_

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## 8. Plan for Next 24 Hours

Goals and Objectives:

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Potential Challenges:

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### Conclusion

Use this survival log sheet to keep track of your daily activities, supplies, and health status. Staying organized and focused is key to managing a survival situation effectively. Remember to update the log regularly.