

Gamify Your Apocalypse Preparedness Training

The following pages contain templates for tracking your training and examples of reward systems. You can print these, or use them as inspiration for creating your own. Good luck!

- 1 – Example training schedule for Level #1 with a photo for the Earning prizes reward system
- 2 – Worksheet for tracking your training using the Reaching levels/Earning titles reward system
- 3 – Example of a Badges reward system using 6 badges for the initial training and stars for continued training
- 4 – Example of a Saving lives reward system with 6 survivors

Example Level #1 Training Schedule



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|---|---------|-----|-----|--------------------|-----------------------|
| Workout | | Workout | | | Energy Mgmt. Day | Energy Mgmt. Day |
| | Sketch out town map & streets | | | | | Workout |
| Workout | | Workout | | | Energy Mgmt. Day | Energy Mgmt. Day |
| | Add landmarks & resources | | | | | Awareness test (Mall) |
| Workout | | Workout | | | Energy Mgmt. Day | Energy Mgmt. Day |
| | Mark best and alternate escape routes/supply runs from home | | | | Test escape routes | |
| Workout | | Workout | | | Energy Mgmt. Day | Energy Mgmt. Day |
| | | | | | Test supply runs | |

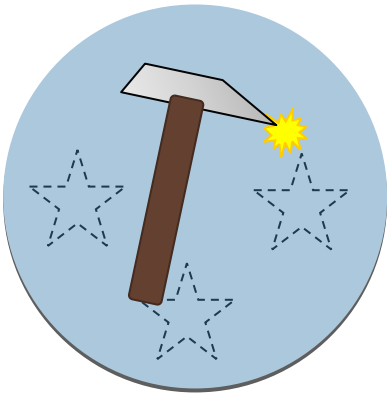
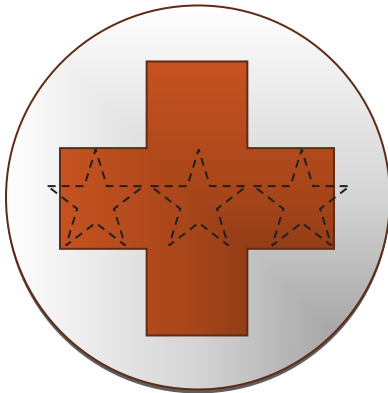
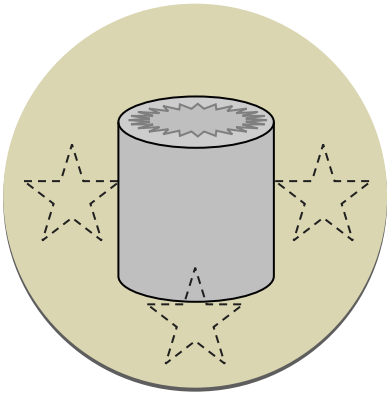
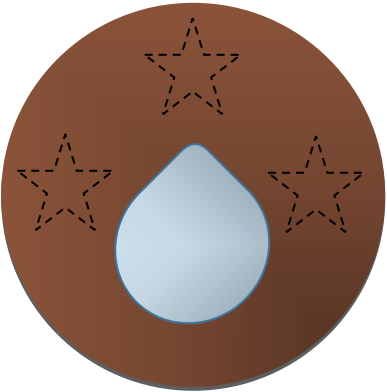
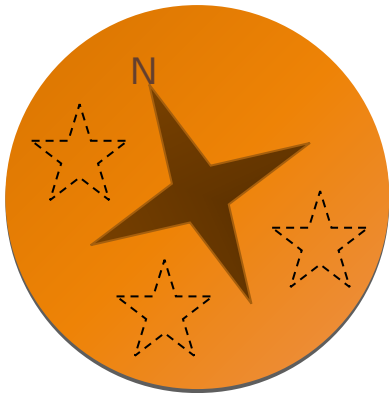
Will you be a Legend of Survival in the Post-Apocalyptic World?

Complete the monthly challenge and FEMA activities to earn a level. After earning your 6th level, start again at the 1st level of the next rank. Be sure to increase the difficulties of your FEMA each new level, and your activities and challenges each new rank.

| | | | | |
|--|----|----------|---------------|---------------|
| | L6 | FEMA ___ | Challenge ___ | Legend |
| | L5 | FEMA ___ | Challenge ___ | |
| | L4 | FEMA ___ | Challenge ___ | |
| | L3 | FEMA ___ | Challenge ___ | |
| | L2 | FEMA ___ | Challenge ___ | |
| | L1 | FEMA ___ | Challenge ___ | |
| | L6 | FEMA ___ | Challenge ___ | Hero |
| | L5 | FEMA ___ | Challenge ___ | |
| | L4 | FEMA ___ | Challenge ___ | |
| | L3 | FEMA ___ | Challenge ___ | |
| | L2 | FEMA ___ | Challenge ___ | |
| | L1 | FEMA ___ | Challenge ___ | |
| | L6 | FEMA ___ | Challenge ___ | Master |
| | L5 | FEMA ___ | Challenge ___ | |
| | L4 | FEMA ___ | Challenge ___ | |
| | L3 | FEMA ___ | Challenge ___ | |
| | L2 | FEMA ___ | Challenge ___ | |
| | L1 | FEMA ___ | Challenge ___ | |

| | | | | |
|---|----|----------|---------------|-----------------|
| | L6 | FEMA ___ | Challenge ___ | Expert |
| | L5 | FEMA ___ | Challenge ___ | |
| | L4 | FEMA ___ | Challenge ___ | |
| | L3 | FEMA ___ | Challenge ___ | |
| | L2 | FEMA ___ | Challenge ___ | |
| | L1 | FEMA ___ | Challenge ___ | |
| | L6 | FEMA ___ | Challenge ___ | Badass |
| | L5 | FEMA ___ | Challenge ___ | |
| | L4 | FEMA ___ | Challenge ___ | |
| | L3 | FEMA ___ | Challenge ___ | |
| | L2 | FEMA ___ | Challenge ___ | |
| | L1 | FEMA ___ | Challenge ___ | |
| | L6 | FEMA ___ | Challenge ___ | Survivor |
| | L5 | FEMA ___ | Challenge ___ | |
| | L4 | FEMA ___ | Challenge ___ | |
| | L3 | FEMA ___ | Challenge ___ | |
| | L2 | FEMA ___ | Challenge ___ | |
| ✓ | L1 | FEMA ✓ | Challenge ✓ | |

Printable badges for each level. For continued training, add 1/2" gold star stickers each time you repeat a level.





Phil Peterson, 46
Sales Manager

Interests: varsity soccer assistant coach, cooking on the grill, going to the movies

Donna Peterson, 46
Homemaker, Part-time Real Estate Agent

Interests: gardening, singing in the church choir, going to the movies



Ted Washington, 33
Biology Teacher

Interests: church, flag football, home improvement



Hank Ramos, 39
Anesthesiologist

Interests: fishing, spending time with his son, playing poker



Becky Griggs, 10
Student

Interests: Girl Scouts, horses, riding her bike



Hans Larsen, 23
Travel Writer

Interests: camping, hiking, playing his guitar



Maureen Wagner, 65
Retired U.S. Navy Diver

Interests: diving, gardening, spending time with her grandchildren

Mark Wagner, 66
Retired Chemical Engineer

Interests: cooking, family, youth group coordinator

Use Method 1: After you pass a level, you find one survivor (card) and add them your group. They're counting on you to keep them alive now.

Use Method 2: Start with all survivors in your group. If you don't complete a level on time, remove one survivor card from your group. You got them killed – way to go.

Use Method 3: If you plan to repeat the training, start with method one to get all 6 survivors, then use method two to try to keep them.

Use Method 4: For a harder challenge, use both methods at the same time. If you complete a level, earn a survivor card. If you don't complete a level on time, you miss out on that month's survivor, and lose one of your existing survivor cards (if any).