

Running the Extended Plan

Part 5 asked you to decide, deliberately, whether you're continuing past the 14-day mark. If you are, this is what continuing actually looks like day to day, not just "Tier 1, but longer."

The real signal you've crossed into Tier 2

Not a date on a calendar. The stored buffer, the water, the food, the fuel you had set aside for exactly this, is genuinely gone or close to it, and there's no return-to-normal timeline in sight. That's the moment rationing what you had stops being the plan and producing or sourcing more becomes the plan instead.

A weekly rhythm, not a daily scramble

Tier 1 ran on hour-by-hour and day-by-day checkpoints because the situation itself was changing that fast. Tier 2 is slower, and treating it like an ongoing emergency, reacting fresh every single day, burns people out faster than the actual workload requires. What worked in the acute phase (constant reassessment) becomes a liability here; what you need instead is a routine that repeats.

Give water sourcing and treatment, cooking from bulk stores, sanitation upkeep, fuel or power management, and a security check each a standing slot in the week, the same way a household would schedule chores in any long-running homestead operation, rather than deciding fresh each day whether they're getting done. A simple structure that holds up in practice: a fixed morning task block, an afternoon block, and an evening block, with three genuinely non-negotiable tasks identified for the day rather than an open-ended list that never actually finishes.

What a week actually looks like

Time block	Task	Notes
Morning	Water run (2x/week)	Source and haul more if the stored supply is running low; treat before it's used
Morning	Cooking prep from bulk stores (daily)	Batch what you can; fewer fire/stove cycles beats cooking fresh every meal
Midday	Sanitation check (daily)	Toilet cover material, hand-washing station restocked
Afternoon	Dishes, batched (1–2x/day)	Not after every meal; batching cuts total water use
Afternoon	Laundry (1x/week)	Pick a fixed day; check the line if weather's turning
Evening	Fuel/power check (2x/week)	Fuel level, battery charge, generator run-time logged
Evening	Security check (daily)	Doors and windows secured, a walk of the property; see Security & Self-Defense
Evening	Trash/waste sort (daily)	Wet waste separated from dry as it's generated, not after

None of this has to happen at exactly these times or frequencies, what matters is that each task has a fixed slot at all, so it’s a scheduled habit rather than a daily negotiation.

Labor allocation across categories

A fixed number of people now has to cover water, food, sanitation, security, and everything else, indefinitely, not for a single acute stretch. Assign standing responsibility for each category to a specific person or pair rather than handling whichever task feels most urgent that day; ad hoc assignment is what leads to some categories being neglected for days at a time while others get redundant attention.

Decision fatigue is a real cost, not a mood

Extended, uncertain situations measurably degrade decision-making, not because anyone’s weak-willed, but because the same open questions get re-litigated every day: what to eat, what to fix first, whether it’s safe to go outside. The most effective, low-cost way to reduce that load is the same one the Manual’s own Mental Health chapter already names for the household’s psychological state: a predictable routine, decided once and then simply followed, rather than re-decided daily. Set the weekly rhythm above, and treat sticking to it, not re-optimizing it, as the actual goal for the first few weeks of Tier 2.

Sleep debt compounds the same problem directly: it's its own measurable cause of worse decisions, not just tiredness. If someone needs to be awake overnight, see the Physical Readiness skill guide's watch-rotation and napping section, decided once in advance, the same way the weekly rhythm above is.

A reassessment cadence of its own

Part 5 gave you 24-hour, 3-day, and 14-day checkpoints, tight enough for an acute event. Tier 2 needs a slower one, weekly or monthly, specifically so the transition into Tier 3 doesn't happen by drift. Pick a day (tie it to something memorable, the same way the Manual's own FIFO rotation habit is tied to the twice-yearly clock change) and actually ask, out loud, whether this still looks like "extended" or whether it's become "indefinite."

If this is resolving

Not every extended situation stays extended. If things are genuinely wrapping up, go to Recovery instead of continuing through the rest of this sequence.

Next: Sustaining Indefinitely

If the weekly reassessment above keeps coming back "this isn't ending soon," move to Part 7: Sustaining Indefinitely.

Sources

- Homestead weekly-chore and daily-routine structuring, including the "three must-do goals" time-management technique: Grow Where You Sow; Off Gridy
- Disruption of routine as a driver of psychological distress in extended crises, and disaster fatigue: Resilience.org; PEASI