

Walking With God

Thought for the Walk:

Prayer Concerns:

Special Notes: (observations or inspirations from the walk)

-----Cut Here-----

Name: _____

Date: _____

Weekly Log

Log your/your family's total weekly kilometers on this sheet and take it to Sunday Service with you and deposit it at the "Walk to Bethlehem" display in the Narthex.

Remember to pick up your next week's guideline and log.

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
Date								
Kms								
Minutes								

Help! Please remember to total the kilometers that you have walked. Convert the number of minutes per activity, such as swimming, time on the treadmill, bicycling, aerobics, vacuuming, dancing, and walking the dog, etc., to kilometers. Remember, **you receive 1.5 kms credit for every 20 minutes of aerobic activity.**

Thank you for participating in the 'Walk to Bethlehem'.
Have fun on your road to a healthier lifestyle.