

# Go the Distance

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.  
- Romans 12:1

Meet Jesus. Experience the Support of the Church. Live as Disciples.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Use this form as a tool to keep track of your goals. Research shows that recording your goals and activities helps you progress. Cut the bottom portion off to turn in or report online.

Name: \_\_\_\_\_

Month: \_\_\_\_\_

Total Exercise Credits: \_\_\_\_\_

\*Remember every 5 minutes of exercise is equal to 1 credit.

10,000 New Health "Credits"