

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 Lbs. Lost: _____

*Remember 1-6 lbs. a month is a healthy goal. Weight loss not recommended for everyone.

10,000 New Health "Credits"