

Walk to Jerusalem

Weekly Mileage Tally Sheets

Please feel free to use your smart devices devices (FitBit or smartphone) to help track your daily "travel". Approximately 2000 steps equals one mile for an average person.

One Mile is equivalent to:

- 20 minutes of active household chores Examples: vacuuming, yard work, washing dishes, laundry, preparing meals, cleaning bathrooms, etc. (This activity can be broken up in 5 or 10 minute segments)
- 15 minutes of devotion, prayer and Bible reading
- 20 minutes of any physical activity Examples: swimming, playing soccer, playing basketball, exercise class, etc.
- Attendance at Sunday services or a mid-week Lenten service (Lenten services start March 13)
- Each 20 minutes of community service with a recognized non-profit group (Lord of Love is a recognized non-profit!)
- Attendance of a meeting at church Examples: bible study, council meeting, ministry team meeting

Two Miles is equivalent to:

- Attendance at Ash Wednesday service (March 6)
- Serving as a Sunday school teacher
- Serving as a Youth group assistant
- Helping clean-up after a church meal

Three Miles is equivalent to:

• Preparing and serving a church meal, a Lenten supper or a FISH meal.

Tally Sheet for Week of January 6, 2019

Week #1	Miles for each family participant			
Date				
January 6				
January 7				
January 8				
January 9				
January 10				
January 11				
January 12				
Total Miles				

Tally Sheet for Week ending January 13, 2019

Week #2	Miles for each family participant				
Date					
January 13					
January 14					
January 15					
January 16					
January 17					
January 18					
January 19					
Total Miles					

Tally Sheet for Week of January 20, 2019

Week #3	Miles for each family participant			
Date				
January 20				
January 21				
January 22				
January 23				
January 24				
January 25				
January 26				
Total Miles				

Tally Sheet for Week of January 27, 2019

Week #4	Miles for each family participant				
Date					
January 27					
January 28					
January 29					
January 30					
January 31					
February 1					
February 2					
Total Miles					

Tally Sheet for Week of February 3, 2019

Week #5	Miles for each family participant			
Date				
February 3				
February 4				
February 5				
February 6				
February 7				
February 8				
February 9				
Total Miles				

Tally Sheet for Week of February 10, 2019

Week #6	Miles for each family participant			
Date				
February 10				
February 11				
February 12				
February 13				
February 14				
February 15				
February 16				
Total Miles				

Tally Sheet for Week of February 17, 2019

Week #7	Miles for each family participant				
Date					
February 17					
February 18					
February 19					
February 20					
February 21					
February 22					
February 23					
Total Miles					

Tally Sheet for Week of February 24, 2019

Week #8	Miles for each family participant			
Date				
February 24				
February 25				
February 26				
February 27				
February 28				
March 1				
March 2				
Total Miles				

Tally Sheet for Week of March 3, 2019

Week #9	Miles for each family participant				
Date					
March 3					
March 4					
March 5					
March 6					
March 7					
March 8					
March 9					
Total Miles					

Tally Sheet for Week of March 10, 2019

Week #10	Miles for each family participant			
Date				
March 10				
March 11				
March 12				
March 13				
March 14				
March 15				
March 16				
Total Miles				

Tally Sheet for Week of March 17, 2019

Week #11	Miles for each family participant				
Date					
March 17					
March 18					
March 19					
March 20					
March 21					
March 22					
March 23					
Total Miles					

Tally Sheet for Week of March 24, 2019

Week #12	Miles for each family participant				
Date					
March 24					
March 25					
March 26					
March 27					
March 28					
March 29					
March 30					
Total Miles					

Tally Sheet for Week of March 31, 2019

Week #13	Miles for each family participant				
Date					
March 31					
April 1					
April 2					
April 3					
April 4					
April 5					
April 6					
Total Miles					

Tally Sheet for Week of April 7, 2019

Week #14	Miles for each family participant			
Date				
April 7				
April 8				
April 9				
April 10				
April 11				
April 12				
April 13				
Total Miles				

Tally Sheet for Week of April 14, 2019

Week #15	Miles for each family participant			
Date				
April 14				
April 15				
April 16				
April 17				
April 18				
April 19				
April 20				
Total Miles				

Our Goal: Jerusalem!!!