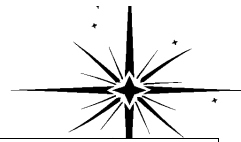


Walk to Bethlehem

TALLY CARD: Week of October _____
 (Maximum for any category is two checks in the same day.)



Earn a tally mark each time you:

- Exercise
- Make healthy choices in diet
- Bible study, worship, etc.
- Volunteer

* **Other:** Write in things like health screenings, flu shots, quit smoking, lost 5 pounds.

	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Comments
Exercise 30 Minutes								
Healthy Eating								
Spiritual Life								
Mission Outreach								
Other*								

Your Name: _____
 Brecksville United Methodist Church



OCTOBER BONUS MILES

- 30 minutes raking leaves in your yard = 3 miles
- 30 minutes raking leaves at your church or a neighbor's house = 5 miles
- 4 weeks of walking = 15 miles
- Charge conf attendance of 20% of Sunday ave attendance=25 miles/church

SIGN UP BONUS = 15 MILES PER PERSON
 HEALTH SCREENINGS =

- 10 MILES FOR A PHYSICAL AND TESTS SUCH AS MAMMOGRAMS/ COLONOSCOPIES, ETC.
 - 5 MILES FOR BP SCREENINGS/ BLOOD WORK.
- FLU SHOTS = 10 MILES



**Complete your tally card
 and return it to the
 Walk to Bethlehem Box in
 The Parlor next Sunday!**