

Walk to Bethlehem

TALLY CARD: Week ONE. Week of September 4.
(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

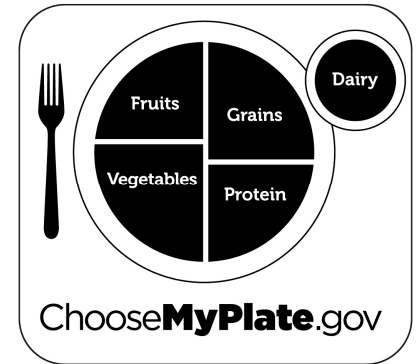


Week of September 4, 2011

This Week's Temple Maintenance Tips

Our walk to Bethlehem begins this weekend. Just like any trip, our journey begins with one step. One step towards health of body, mind and spirit. This month, our focus is on nutrition. Most people are familiar with the new choose your plate logo. Try, this day, to add more fruits and veggies to your diet so your half of your plate is filled with fruits and veggies. Add some veggies to your mac and cheese, add some fruit to your morning cereal, snack on raisins, apples and carrots and enjoy the bounty of Ohio's gardens.

*God said, I now give to you all the plants of the earth
 that yield seeds and all the trees whose fruit produces its seeds within it.
 These will be your food.
 Genesis 1: 29 (CEB)*



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