Trinity
United
Methodist
Church
Germantown

_____'s Walking Tracker

You are invited to join Trinity members in a walking challenge from October 11-November 22nd. Keep track of every 30 minutes you walk by filling in a box. At the end of the series, we will count up all of our time and announce how much we have walked as a church.

Optional ways to engage this experience:

- you might use a different color for each member of your family
- You might color the squares in an orderly row, or you can make a colorful pattern (like a quilt)
- You might write a word in the center of each square describing your walk (what you saw, what you prayed about, what you learned)
- You might take a picture of something beautiful or surprising you saw on your walk and submit it to holli@trinity-germantown.org to be shared on social media.
- You might decide to bike for 30 minutes instead of walk… you can count that too!