

# SPORTS & FITNESS: GET ACTIVE!

- Pick one month to focus on being active.
  - Go for at least a one mile walk once a week.
  - Choose one of the active outings below to participate in together.

**Describe your walks together.**

**HOW FAR?**

**WHERE?**

<b>WEEK 1</b>		
<b>WEEK 2</b>		
<b>WEEK 3</b>		
<b>WEEK 4</b>		

**Circle one and describe your outing together.**

<b>ROCK CLIMBING</b> <b>BOWLING</b> <b>ROLLER SKATING</b> <b>HIKING</b>	
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Finished on : \_\_\_\_\_



## **SERVICE: TWO SERVICE PROJECTS**

- Plan and complete two service projects over the year.
  - One project will be with Activate Good - a non-profit that lists thousands of volunteer opportunities around the Triangle. [www.activategood.org](http://www.activategood.org)
  - One project will be with one of our official Trailblazers events.

**Describe your project together.**

<b>ACTIVATE GOOD</b>	
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**Circle one and describe your project together.**

<b>TRIANGLE CLEAN UP CHRISTMAS STORE SPRING PARK CLEAN UP</b>	
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Finished on : \_\_\_\_\_



# LIFE SKILLS: LEARN TO COOK

- Plan three separate meals that you have never cooked before. Each meal should have a main dish and two side dishes.
  - Find a recipe, shop for the ingredients, prepare the dish and invite your family for the meal.

## MAIN DISH

## SIDE DISHES

<b>MEAL 1</b>		
<b>MEAL 2</b>		
<b>MEAL 3</b>		



Finished on : \_\_\_\_\_

# FOREST, FIELD, STREAM: GO FISHING

- Learn about the fish found in local waters of the Triangle.
- Using this knowledge, plan three fishing outings, each in a new location.
  - Identify the type of fish you caught.
- To learn more about fishing locally and to obtain a fishing license, check out this website, [www.takemefishing.org](http://www.takemefishing.org)

	LOCATION	TYPE OF FISH
<b>OUTING 1</b>		
<b>OUTING 2</b>		
<b>OUTING 3</b>		



Finished on : \_\_\_\_\_

# GREAT SPIRIT: DEVOTIONAL

- Pick one month to focus on doing weekly devotions together.
  - Select a different story, bible verse or quote each week. Dad selects for two weeks, child(ren) selects for two weeks.
  - Reflect together on the meaning together of each weekly passage with the following questions:
    - Why did you select this passage?
    - How is this passage important to you?

	DEVOTIONAL	TAKE AWAYS
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

Finished on : \_\_\_\_\_

