



## Physical Preparation

Recommend:

- ✓ Weekly exercise plan
- ✓ Drink more water
- ✓ Participate in a 5K race

\*Be able to complete a minimum of 4 miles on level ground in 60 minutes or less without undue stress.

## SPIRITUAL PREPARATION

Recommend:

- ✓ Read scriptures 10 min each day
- ✓ Memorize Scripture Mastery Scriptures
- ✓ Read Ensign Articles:  
Elder Ballard's April 1997

President Gordon B. Hinckley's Oct. 1991

- ✓ Watch:  
Legacy, 17 Miracles, Ephraim's Rescue
- ✓ Research and do the temple work for one ancestor
- ✓ Fast and pray for a conversion experience on Trek

# TRAIL OF FAITH

*Trek Theme: Look Ahead & Believe*

Signature of completion: \_\_\_\_\_

## Pioneer Knowledge Preparation

Recommend:

- ✓ Pioneer Book
- ✓ 20 Short Stories
- ✓ Research your Pioneer Name and present it to your family or ward

- ✓ Watch:  
Videos on Stake Website

## Personal Sacrifice

Recommend:

- ✓ Give up something that you enjoy for 3 consecutive days

**Ideas:** Texting, Video Games, TV, Pinterest, Social Media, cell phone or Soda, Sugar, Fast Food

**[HTTP://LOVELANDSTAKETREK.WEEBLY.COM](http://LOVELANDSTAKETREK.WEEBLY.COM)**