Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My54.org July 30 – August 28, 2020

Central Oak Grove Missionary Baptist Church

Lifestyle Change for Greater Physical, Mental, and Spiritual Health Initiative/Health

**Honor the Civil Rights Leaders Rev. C.T Vivian and Congressman John Lewis**

Pray with Your Feet! Walk, Run, or Bike **54** Miles!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday Totals

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | July 30 | July 31 | August 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 |  |