

Day	Logistic Details	Physical	Spiritual	Lesson	Ministry Prep	Bonus
60	Purchase flight <ul style="list-style-type: none"> <input type="checkbox"/> See details <input type="checkbox"/> Make sure your passport is current through 6 months after your departure date from Israel. 	Walk 3 miles at a good pace	Matt. 1-5	Read the required reads for lesson 1		Get 'Sitting at the Feet of Rabbi Jesus' by Spangler and Tverberg
59	Purchase hiking shoes (important to break them in before you go)	Walk 3 miles at a good pace	Matt. 6-10	Watch Lesson 1		Read Chapter 1
58	Sign and send in the release of liability forms	Walk 3 miles at a good pace	Matt. 11-15			
57	Send me a copy of your passport	Walk 3 miles at a good pace	Matt. 16-20			
56	Schedule a physical if required (meaning you are playing basketball on the trip)	Walk 3 miles at a good pace	Matt. 21-25	Read for Lesson 2		
55	Fill out Health History	Walk 3 miles at a good pace	Matt. 26-28	Watch Lesson 2		Read Chapter 2
54	Insurance forms	Walk 3 miles at a good pace	Luke 1-5			
53	Read through the packing list	Walk 4 miles at a good pace	Luke 6-10			
52		Walk 4 miles at a good pace	Luke 11-15	Read for Lesson 3	Read How to Prepare your Testimony	
51		Walk 4 miles at a good pace	Luke 16-20	Watch Lesson 3		Read Chapter 3
50		Walk 4 miles at a good pace	Luke 21-24			
49		Walk 4 miles at a good pace	Mark 1-3			
48		Walk 4 miles at a good pace	Mark 4-6			
47		Walk 4 miles at a good pace	Mark 7-9	Read for Lesson 4		
46		Find a place of incline to walk – or if on a treadmill add elevation to your work out	Mark 10-12	Watch Lesson 4		Read Chapter 4
45		Find a place of incline to walk – or if on a treadmill add elevation to your work out	Mark 13-16			
44		Find a place of incline to walk – or if on a treadmill add elevation to your work out	John 1-4			

43		Find a place of incline to walk – or if on a treadmill add elevation to your work out	John 5-8			
42		Find a place of incline to walk – or if on a treadmill add elevation to your work out	John 9-12			Read Chapter 5
41		Find a place of incline to walk – or if on a treadmill add elevation to your work out	John13-16	Read for Lesson 5		
40		Walk 4 miles and increase your pace	John 17-21	Watch Lesson 5		
39		Walk 4 miles and increase your pace	Genesis 1-5			
38		Walk 4 miles and increase your pace	Genesis 6-10			Read Chapter 6
37		Walk 4 miles and increase your pace	Genesis 11-15			
36		Walk 4 miles and increase your pace	Genesis 16-20			
35		Walk 4 miles and increase your pace	Genesis 21-23	Read for Lesson 6		
34		Walk 4 miles and increase your pace	Exodus 1-5	Watch Lesson 6		Read Chapter 7
33		Mixture of workouts – pace and incline – push yourself	Exodus 6-10			
32		Mixture of workouts – pace and incline – push yourself	Exodus 11-15			
31		Mixture of workouts – pace and incline – push yourself	Exodus 16-20			
30	Start to purchase things for the trip: Snacks, special clothing you might need, etc	Mixture of workouts – pace and incline – push yourself	Deut. 1-5			Read Chapter 8
29		Mixture of workouts – pace and incline – push yourself	Deut. 6-10	Read for Lesson 7		

28		Mixture of workouts – pace and incline – push yourself	Deut. 11-15	Watch Lesson 7		
27		Mixture of workouts – pace and incline – push yourself	Deut. 16-20			
26		Mixture of workouts – pace and incline – push yourself	Deut. 21-25			Read Chapter 9
25		Mixture of workouts – pace and incline – push yourself	Deut. 26-30			
24		Mixture of workouts – pace and incline – push yourself	Deut. 31-34			
23		Mixture of workouts – pace and incline – push yourself		Read for Lesson 8		
22		Mixture of workouts – pace and incline – push yourself	Matt. 1-5	Watch Lesson 8		Read Chapter 10
21		Mixture of workouts – pace and incline – push yourself	Matt. 6-10			
20		Mixture of workouts – pace and incline – push yourself	Matt. 11-15			
19		Mixture of workouts – pace and incline – push yourself	Matt. 16-20			
18		Mixture of workouts – pace and incline – push yourself	Matt. 21-25			Read Chapter 11
17		Mixture of workouts – pace and incline – push yourself	Matt. 26-28	Read for Lesson 9		
16		Mixture of workouts – pace and incline – push yourself	Luke 1-5	Watch Lesson 9		
15		Mixture of workouts – pace and incline – push yourself	Luke 6-10			
14		Mixture of workouts – pace and incline – push yourself	Luke 11-15			Read Chapter 12
13		Mixture of workouts – pace and incline – push yourself	Luke 16-20			
12		Mixture of workouts – pace and incline – push yourself	Luke 21-24			

11		Mixture of workouts – pace and incline – push yourself	Mark 1-3	Read for Lesson 10		
10		Mixture of workouts – pace and incline – push yourself	Mark 4-6	Watch Lesson 10		
9		Mixture of workouts – pace and incline – push yourself	Mark 7-9			Read Chapter 13
8		Mixture of workouts – pace and incline – push yourself	Mark 10-12			
7		Mixture of workouts – pace and incline – push yourself	Mark 13-16			
6		Mixture of workouts – pace and incline – push yourself	John 1-4			
5		Mixture of workouts – pace and incline – push yourself	John 5-8	Read for Lesson 11		
4		Mixture of workouts – pace and incline – push yourself	John 9-12	Watch Lesson 11		Read Chapter 14
3		Mixture of workouts – pace and incline – push yourself	John 13-16			
2		Rest	John 17-21			
1		Rest				