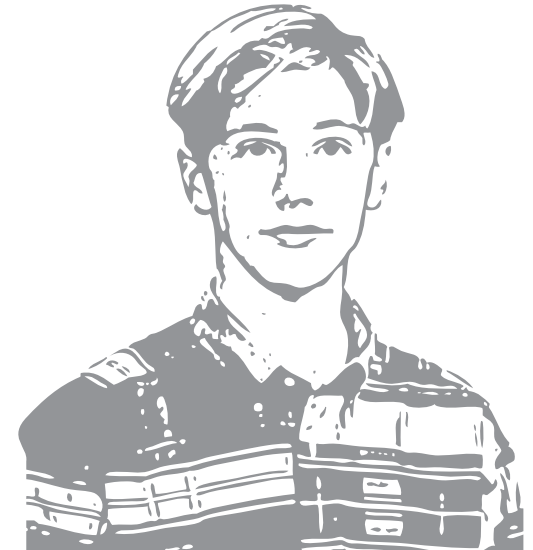


COURAGE · THANKFULNESS · ACCEPTANCE · EXCELLENCE · SELF-DISCIPLINE
 UNITY · HUMILITY · COMPASSION · ENTHUSIASM · DETERMINATION

Ten Week Activity Calendar: 20 Minutes of activity = 1KM

Week Day	1	2	3	4	5	6	7	8	9	10
M										
T										
W										
T										
F										
Total										
How much more to go?										



We Believe in Patrick's Wish:

Zero AIDS

Participate Patrick

Final Total: _____