

Log your steps in the space below.

At the end of the week, email the number of kilometers you travelled to [stjohnfishercwl@outlook.com](mailto:stjohnfishercwl@outlook.com).

CWL will update our map on the church website:

[https://stjohnfisherbr.archtoronto.org/catholic-womens-league-\(cwl\)/walk-to-bethlehem-advent-virtual-walk-a-thon](https://stjohnfisherbr.archtoronto.org/catholic-womens-league-(cwl)/walk-to-bethlehem-advent-virtual-walk-a-thon)

Pick any activity you enjoy and raises your heart rate.

20 minutes of activity = 1 km.

<b>1<sup>st</sup> Week of Advent – Hope</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Distance or steps							

<b>2<sup>nd</sup> Week of Advent – Peace</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Distance or steps							

<b>3<sup>rd</sup> Week of Advent – Joy</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Distance or steps							

<b>4<sup>th</sup> Week of Advent – Love</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Distance or steps							