

Fort Worth Texas North Stake

2023 Trek Walking Plan

***“I testify that as we follow Jesus Christ with footsteps of faith, there is hope ...
He can carry us in through difficult times. He did it for the early pioneers,
and He will do it now for each of us.”***

- President M. Russell Ballard,
“Follow Jesus Christ with Footsteps of Faith”

Week	Start Date	End Date	Wednesday or Thursday	Friday or Saturday	Sunday	Monday or Tuesday
1	Nov 30, 22	Dec 6, 22	½ mi	1 mi	Rest	½ mi
2	Dec 7, 22	Dec 13, 22	1 mi	1.5 mi	Rest	1.5 mi
3	Dec 14, 22	Dec 20, 22	1.5 mi	2 mi	Rest	1.5 mi
4	Dec 21, 22	Dec 27, 22	2 mi	2.5 mi	Rest	2 mi
5	Dec 28, 22	Jan 3, 23	2 mi	4 mi	Rest	2.5 mi
6	Jan 4, 23	Jan 10, 23	2 mi	3 mi	Rest	3 mi
7	Jan 11, 23	Jan 17, 23	2 mi	5 mi	Rest	3 mi
8	Jan 18, 23	Jan 24, 23	3 mi	6 mi	Rest	4 mi
9	Jan 25, 23	Jan 31, 23	3 mi	7 mi	Rest	4 mi
10	Feb 1, 23	Feb 7, 23	4 mi	5 mi	Rest	4 mi
11	Feb 8, 23	Feb 14, 23	4 mi	7 mi	Rest	5 mi
12	Feb 15, 23	Feb 21, 23	4 mi	8 mi	Rest	5 mi
13	Feb 22, 23	Feb 28, 23	4 mi	7 mi	Rest	5 mi
14	Mar 1, 23	Mar 7, 23	5 mi	8 mi	Rest	5 mi
15	Mar 8, 23	Mar 14, 23	4 mi	2 mi	Rest	2 mi

Consider walking daily at least ½-mile, especially for the first 2 weeks.

Off-days are great opportunities to try doing some cross-training. Consider lifting weights, stretching or doing yoga.