REMEMBERING PIONEERS

Complete the following:

- Walk for a pioneer: Research a pioneer ancestor or family member you can walk for on Trek. Write a summary of their story and record your thoughts about their sacrifices in your journal.

In addition, choose 3 of the following:

- Learn a pioneer craft, skill or art (i.e., Dutch oven cooking, rope making, soap making, blacksmithing, weaving, etc.)
- Sew a bonnet, apron, shirt, or vest to wear on trek.
- Watch a movie about the pioneers (i.e., 17 Miracles, Ephraim’s Rescue, The Work and the Glory etc.)
- Plant a pioneer garden with some of the same things the pioneers planted when they arrived in the valley. Study Alma 32 & record in your journal how faith is like a seed. (YW-Faith value project)
- Memorize a pioneer or faith themed hymn, all verses (i.e., “Go Forth With Faith,” “Press Forward Saints,” “Come, Come Ye Saints,” etc.)
- Read about the history of the handcart pioneers on lds.org https://history.lds.org/subsection/-mormon-pioneers-1847-today
- Visit a pioneer museum or This is the Place State Heritage Park
- Make a list of the qualities pioneers developed on the trail. Pick one of these qualities & strive to develop it between now and trek. Give a FHE lesson on how faith helped both you and the pioneers to develop these qualities (YW-Faith #3)

INSTRUCTIONS

Put a check next to the activities you complete as you prepare for trek. Focus on at least 3 requirements each month. It is important to begin physical preparations now and continue until trek.

You may choose to do your selected activities individually, with your youth group, or with your family. When you have completed at least 16 requirements, have your parent or leader sign below and then return this form to your YW/YM president.

YW/ YM presidents, please record those who complete the award on the Herriman Stake google.doc by June 25, 2017.

Faith Filled Steps Award
Herriman Utah Stake
Trek 2017
herrimanutahstaketrek2017.weebly.com

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

--James 1:5-6

The “Faith Filled Steps” Award is designed to help you spiritually and physically prepare for Trek 2017. Blessings come from doing hard things. Some of these activities may also apply to requirements for the Duty to God or Personal Progress programs.

Name

Ward

Signature of parent/leader

Date
SERVICE & SACRIFICE

Complete the following:

- Give up something important to you for three consecutive days (i.e., texting, t.v., video games, social media, fast food, candy, soda pop, desserts, sugar, etc.). Write in your journal about your experience. Compare/contrast your sacrifice with the sacrifices the pioneers made.

In addition, choose 3 of the following:

- Participate in a family, class, or ward service project (YM-DTG Priesthood Duties)
- Cook a meal for someone outside of your family
- Help clean up a cemetery. If possible, visit and clean up the gravesite of a family member.
- Spend at least 3 hours giving service outside of your family. Record your feelings about the experience in your journal (YW-Good Works #6)
- For 2 weeks, make a special effort to strengthen your relationship with a friend or family member. Set your phone to remind you. Think of what you learned & how this can be applied to your “family” on trek. Record your thoughts in your journal (YW-Divine Nature #3; YM-DTG Friends and Family)
- Visit a rest home or care center. Read to or play games with the residents.
- Read your scriptures daily for at least one month prior to trek. Mark scriptures about sacrifice and service (YM-DTG Spiritual Strength)
- Develop a pattern of daily prayer, make them more meaningful by praying specifically for service or missionary opportunities (YM-DTG Spiritual Strength)

FAMILY HISTORY & TEMPLES

Choose 4 of the following:

- Research and submit a family name for temple work
- Complete a family tree of your family and list temple ordinances that have been completed (YW-Individual Worth #6)
- Keep a personal journal, writing at least once per week for 6 weeks. Record your thoughts & feelings about the pioneers and your preparation for trek
- Complete 1 batch of indexing records at familysearch.org/indexing per month for 4 months
- Visit a Family History Center and learn about resources you can use to find your ancestors
- Perform baptisms for the dead at the temple. If possible, do some family names
- YM--Earn the Genealogy Merit Badge
- Record “living histories” of an older family member or person in your ward by videotaping them as you interview them about their lives.
- Write your life story in at least 500 words (YW-Individual Worth value project)
- Research facts about your favorite temple and place a framed picture of that temple in your room
- Prepare a FHE lesson on patriarchal blessings. If you have not received yours, begin making plans to do so (YW-Individual worth #2)

PHYSICAL PREPAREDNESS

Complete the following:

- Read D&C 89. Improve your health by implementing a regular fitness program & consistently following it until trek (YW-Knowledge value project; YM-DTG Physical Health)
- Designate a pair of sturdy & comfortable shoes as “Trek Shoes.” Break them in and wear while completing the activities for this requirement.

In addition, choose 2 of the following:

- Walk, run, or bike 3 times per week for at least 30 minutes. As your cardiovascular endurance increases, try increasing your time & distance.
- Learn and acquire first aid skills that would be helpful in an emergency (YW-Knowledge #7)
- Train for and participate in a 5k or 10k walk or run
- Participate in a 3-5 mile hike
- Reduce or eliminate your intake of soda pop or energy drinks and increase your water intake between now and trek
- Increase the number of servings of fruits and vegetables that you eat each day
- Participate in a trek preparation hike with your youth group, friends or family
- Read through the information page titled “Physical Conditioning and Preparation” on the Herriman Stake blog website--herrimanutahstaketrek2017.weebly.com

Read about blister prevention and hot spots. Finally, read over the information page discussing how to stay cool and hydrated while at trek.