

SPIRITUAL

(choose at least 2)

- Read the Article "Walk With Me" using the QR code. How will you accept this invitation and actively walk with Jesus?



- Memorize Moses 6:34

Behold my Spirit is upon you, wherefore all thy words will I justify; and the mountains shall flee before you, and the rivers shall turn from their course; and thou shalt abide in me, and I in you; therefore walk with me.

- Read "The Living Christ". List your favorite names and titles of Jesus Christ. What did you learn about His attributes?

Names & Attributes:



- Read the Strength of Youth Section 4: Jesus Christ will help you. Record your thoughts and feelings



PHYSICAL

- Read the For the Strength of Youth Section 10 "Your Body is Sacred" along with the corresponding scriptures. Choose one way to improve your fitness and nutrition. .

Fitness goal:



Nutrition goal:

- Go on a 1–3 mile walk or hike at least once a week to prepare for trek. Do some longer walks/hikes too(3–5 mile) Wear the shoes you will be wearing to trek so you can break them in.

- Week 1 (4/29 to 5/6)
- Week 2 (5/6 to 5/13)
- Week 3 (5/13 to 5/20)
- Week 4 (5/20 to 5/27)
- Week 5 (5/27 to 6/3)
- Week 6 (6/3 to 6/10)
- Week 7 (6/10 to 6/17)

SOCIAL

(choose 2)

- Invite a friend in the Coldwater Stake to trek.

- Watch a pioneer movie with family/friends (Legacy, 17 Miracles, Ephraim 's Rescue, etc)

- Do a household chore without being asked.

- Do yardwork at your home, a grandparents home, or a neighbors home.

- Participate in a Just Serve project in a group or on your own.

- Volunteer to help at the MyHometown Ogden Day of Service (May 9)



Temples

EITHER

Find at least 4 family names or temple names to take to the temple and do proxy baptisms and confirmations.

– OR –

Take a walk and take some photos on the temple grounds. Record your thoughts and feelings about what temples teach us about Heavenly Father and Jesus.

AND

Read the Strength of Youth Section 8 “Temple Ordinances and Covenants give you greater access to God’s blessings”



Family History

Read the article “Your Patriarchal Blessing—Inspired Direction from Heavenly Father”
By Elder Randall K. Bennett



Read your patriarchal blessing if you have one..
Prayerfully consider getting your blessing if you have not yet.

On Family Search, discover if you have Pioneer Ancestors.



*Use this QR code and then sign in to learn about your pioneer ancestors.

CHOOSE one

ancestor to learn in depth about..
What was his/her name? Where did he/she depart from? What was his/her age at departure? How many days did he/she travel? Can you find photos and stories about him/her?

Will you choose to
just GO

On Trek?

–Or–

Will you choose to

PREPARE and GROW

On Trek?



Our hope is that as we prepare for trek, we will grow closer to the Savior and grow in gratitude, strength, and joy as we choose to walk with Him in our own Trek of life!

North Ogden Coldwater Stake
Trek 2026



*QR code for all things trek—registration, packing list, schedule etc.

