



# TAPAWINGO

Place of Joy

## Tapawingo Challenge 2018

Name: \_\_\_\_\_

- **Physical** – Do 75 situps and 25 pushups five days out of the week for any six weeks out of the year:
  - Week 1: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 2: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 3: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 4: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 5: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 6: \_\_\_\_\_ Dates: \_\_\_\_\_
- **Emotional** – Have a “Silent Breakfast\*” time for 20 minutes once a month. (Time can include journaling, prayer, listening to worship music etc.) *\*Does not have to be at breakfast.*
  - February 2018 Date: \_\_\_\_\_
  - March 2018 Date: \_\_\_\_\_
  - April 2018 Date: \_\_\_\_\_
  - May 2018 Date: \_\_\_\_\_
  - June 2018 Date: \_\_\_\_\_
  - July 2018 Date: \_\_\_\_\_
  - August 2018 Date: \_\_\_\_\_
  - September 2018 Date: \_\_\_\_\_
  - October 2018 Date: \_\_\_\_\_
  - November 2018 Date: \_\_\_\_\_
  - December 2018 Date: \_\_\_\_\_
  - January 2019 Date: \_\_\_\_\_
- **Spiritual** – 1. Research and print a Bible-in-a-Year Reading Plan (must be a 365-day plan) from the following website\*: <https://www.biblestudytools.com/bible-reading-plan/>  
 2. Initial and date each day completed.  
 3. E-mail completed and documented (name, initial, date) plan to Tapawingo: [tapawingo@cotw.org](mailto:tapawingo@cotw.org)  
*\*Read and utilize the Tips on Reading the Bible Daily at the bottom of the web page.*
- **Social** - Write 3 letters of encouragement (list for former campers/staff on the left; list for first timers on the right).

| Former Camper/Staff Member                        | Date Sent: | First Time Camper/Staff Member          | Date Sent: |
|---|------------|---|------------|
| 1. Letter to a Tapawingo Paul (mentor/counselor)  |            | 1. Letter to a Paul (parent or mentor)  |            |
| 2. Letter to a Tapawingo Barnabas (friend)        |            | 2. Letter to a Barnabas (good friend)   |            |
| 3. Letter to a Tapawingo Timothy (younger person) |            | 3. Letter to a Timothy (younger person) |            |

- **Intellectual** - Do the 5:15 (memorize Scripture for 15 minutes a day, 5 days) for three weeks.
  - Week 1: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 2: \_\_\_\_\_ Dates: \_\_\_\_\_
  - Week 3: \_\_\_\_\_ Dates: \_\_\_\_\_

To be eligible for the Tapawingo Challenge 2018 prize, participants must sign and complete this challenge sheet in addition to completing documentation of their Bible-in-a-Year plan. E-mail completed documents to the Tapawingo Director: [tapawingo@cotw.org](mailto:tapawingo@cotw.org) by March 10, 2019.

*\*Those who complete the challenge will receive a “Tapawingo Challenge 2018” t-shirt.*

Completed by \_\_\_\_\_ on \_\_\_\_\_  
 your signature date