

## Cupertino YP 2017 Summer Break Exercise Form

			LD	MON	TUE	WED	THU	FRI	SAT	LD	MON	TUE	WED	THU	FRI	SAT
Proper Humanity	1	Sleep early, rise by 9am daily														
	2	Complete one chore of your choice daily														
	3	Complete one chore of your parent's choice weekly	what chore							what chore						
	4	Clean bathroom at least once during the break	Date it													
	5	Spend quality time with parents weekly	Date it							Date it						
			(eg. asking about	their salvation, their happiest moment raising you, how they met each other, how they came into the church life, their new years resolution, what is the most romantic thing that dad did for mom and vice versa, asking them of their favorite Bible verse and why, and etc...)												
Spiritual Growth	6	Spend 5 minutes of quality time with the Lord daily														
	7	Complete Bible reading challenge daily														
	8	Ministry book reading with companions (2 chapters/week)	companion's name							companion's name						
	9	Sing a hymn daily, and														
		record one with companion once a week	companion's name							companion's name						
	10	Attend Friday night small group weekly	which group							which group						
*	Parent's Signature / Date															