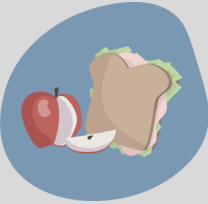


MISSIONARY SCAVENGER HUNT PROJECT

3 pts 1 pt 1 pt



Prepare your own
healthy lunch
(include at least 2
veggies or fruits)
AML Physical F

☐ ☐ ☐

3 pts 1 pt 1 pt



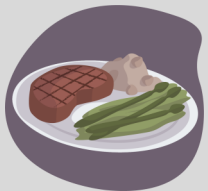
Wake up exactly at
6:30 am
AML Physical E

☐ ☐ ☐


Drink plenty of water
(1/2 of your weight
in ounces)
AML Physical B

☐ ☐ ☐


Go to bed by
10:30 pm
AML Physical E

☐ ☐ ☐


Prepare your own
healthy dinner
(include at least 2
veggies or fruits)
AML Physical F

☐ ☐ ☐


Exercise using
the Johnson & Johnson
app (2X, 7 min each)
AML Physical G

☐ ☐ ☐

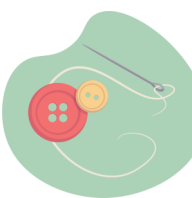

Healthy choice of
food from vendor
AML Physical F

☐ ☐ ☐


Iron clothes
(preferably a
wrinkled shirt)
Dress and
Appearance Guidelines

☐ ☐ ☐


Have a
companionship/
roommate council
PMG Chapter 8
& MT 18:15-16

☐ ☐ ☐


Sew on a button,
repair a hem, etc.
Dress and
Appearance Guidelines

☐ ☐ ☐


Polish 1 shoe (or
clean 3 others)
Dress and
Appearance Guidelines

☐ ☐ ☐


Deep clean
your apartment
Standards 7.9.2

☐ ☐ ☐



Write in personal journal

Standards 2.4.2



Greet and introduce yourself to someone you don't know

PMG Chapter 9



Practice the Progressive Relaxation Technique

AML p. 19



Ride a bike wearing a helmet and use proper hand signals

Standards 7.10.2



Write or email a letter to grandparents, another missionary, old friend, or family member

Standards 3.9



Be on TIME (or early) to ALL appointments throughout the day

PMG Chapter 8



Pray at least three times throughout the day WITH SOMEONE ELSE

Standards 2.2.1



Choose a country to research using the Global Road Warrior

<https://lib.byu.edu/databases/>



TIWI: Better driving: Wear seatbelt, properly signal, no hard braking, no rapid acceleration

Standards 7.10.3



Visit Missionary Mall, Mr. Mac, or Modern Missionary stores in Orem and get sized for clothes and shoe sizes. Ask questions.

Dress and Appearance Guideline



No TV or music except from Church, Deseret Book, or Tabernacle Choir and listen only before 10:30 am, during lunch, or after 9:30 pm

Standards 3.6.3



Visit a cultural or historical place (e.g., any of BYU museums)

AML p. 19 & 3.6



Walk at least 10,000 steps in one day

AML p. 8

