

PLAY N PRAY WORKOUT

Mim and Jeff Nellermoe




| Date | Time | Activity | Bible Verses | Praise Music | Prayers |
|--------------|---------|--|--|---|---|
| May 15, 2017 | 7:00 AM | Lap Swimming/Lifting | "I can do all things through Christ who give me strength." Phil4:13 | Amy Grant "Sing your Praise To the Lord".... | Praying for Dad's Memory Loss and Mom's Bowed Knee. Praying for Jeff's Dad's bleeding right eye and His Mom's crippled feet. Lord May you be felt, tasted, touched, smelled and heard by our children. |
| May 16, 2017 | 7:00 AM | Horse Beach Riding/Birthday Sailing in Santa Barbara Bay | "O Lord our Lord how majestic is your Name in all of the earth!" | Chris Tomlin "Our God is an Awesome God." | Thank you Father, for your Amazing Creation. You made the waves and the wind that power our sailboat. You made this horse with Power and personality. |
| May 17, 2017 | 9:00 AM | Kayaking to the Lilghouse/ Hiking up to it:) | "They who wait upon the Lord will renew their strength, they will mount up on wings like eagles. Isaiah 43 | IHOP Onething "My Beloved" | Lord, let every cell in every muscle scream Praise to you as I paddle and hike. Thank you for your Temple of the Holy Spirit, which is my body. Help me thank you with a Total Release Performance to show my gratitude for Your Love, Grace and Power. |

| Date | Time | Activity | Bible Verses | Praise Music | Prayers |
|------------------------|------|---|-----------------|----------------|---------------------------------------|
| What's your workout??? | | Where can you Praise Him? What will you do?? | Favorite verse? | Favorite song? | Who can you pray for as you workout?? |
| | | | | | |
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CALIFORNIA

Reservations and Contacts


TRANSPORTATION

|  | Carrier | Flight # | Date | From | Departure Time | To | Arrival Time | Reservation # |
|--|----------------|----------|--------------|---------------------|----------------|---------------|--------------|---------------|
| | Trenz Airlines | 1623 | Oct 25, 2014 | Lorem International | 7:56 AM | Dolor Airport | 9:15 AM | AG4567997 |
| | | | | | | | | |
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LODGING

|  | Accommodations | Date | Concierge | Phone/Email | Address | Confirm. # | Days | Total Cost |
|--|----------------|--------------|-----------|--|--|------------|------|------------|
| | Lorem Hotel | Oct 25, 2014 | Charles | (123) 456-7890 no_reply@example.com | 1234 First Street, Anytown, State ZIP | A4567 | 2 | \$800.00 |
| | | | | | | | | |
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| | | | | | | | | \$800.00 |

EMERGENCY CONTACTS

|  | Contact | Phone | Notes |
|--|----------------------|----------------|-------|
| | Airline Reservations | (123) 456-7890 | |
| | | | |
| | | | |

TRAVEL PARTY

|  | Contact | Phone | Notes |
|---|-------------|----------------|----------------------|
| | Tom Jenkins | (123) 456-7890 | no_reply@example.com |
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CALIFORNIA

Packing List

CLOTHES

| Item | Quantity | Packed |
|---------------|----------|--------------------------|
| Bathing Suits | 4 | <input type="checkbox"/> |
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TOILETRIES

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| Sun screen | 1 | <input type="checkbox"/> |
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GADGETS



| Item | Quantity | Packed |
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| Phone Charger | 1 | <input type="checkbox"/> |
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