

PALANCA AS SACRIFICE

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
COMMUNION Red Links																				
SACRIFICIAL WORKS (Posters, baking, meetings, etc.) Yellow Links																				
STUDY Green Links																				
MEDITATION/PRAYER Blue Links																				
FASTING Purple Links																				
TRAVEL MILES (10 miles per link) Orange Links																				

Mark and "X" for each 1/2 to 1 hour (except travel miles - 25 miles / link); each "X" equals one link of the chain.