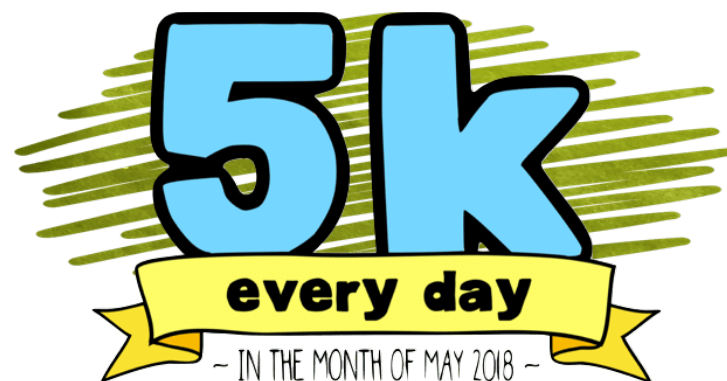


## 5k every day in the month of may 2018

This handy chart will help you stay on course throughout the month as you run and / or walk at least a 5k each day, read 3 chapters of scripture, and check in on the daily blog. The blog should be updated at [www.JeffPolenMusic.com](http://www.JeffPolenMusic.com) each night by 9pm EST.

Enjoy the journey!



Day	5k	Scripture	Blog
Tuesday, May 1		Matthew 1-3	
Wednesday, May 2		Matthew 4-6	
Thursday, May 3		Matthew 7-9	
Friday, May 4		Matthew 10-12	
Saturday, May 5		Matthew 13-15	
Sunday, May 6		Matthew 16-18	
Monday, May 7		Matthew 19-21	
Tuesday, May 8		Matthew 22-24	
Wednesday, May 9		Matthew 25-27	
Thursday, May 10		Matthew 28 - Mark 2	
Friday, May 11		Mark 3-5	
Saturday, May 12		Mark 6-8	
Sunday, May 13		Mark 9-11	
Monday, May 14		Mark 12-14	
Tuesday, May 15		Mark 15 - Luke 1	
Wednesday, May 16		Luke 2-4	

Day	5k	Scripture	Blog
Thursday, May 17		Luke 5-7	
Friday, May 18		Luke 8-10	
Saturday, May 19		Luke 11-13	
Sunday, May 20		Luke 14-16	
Monday, May 21		Luke 17-19	
Tuesday, May 22		Luke 20-22	
Wednesday, May 23		Luke 23 - John 1	
Thursday, May 24		John 2-4	
Friday, May 25		John 5-7	
Saturday, May 26		John 8-10	
Sunday, May 27		John 11-13	
Monday, May 28		John 14-16	
Tuesday, May 29		John 17-19	
Wednesday, May 30		John 20 - Acts 1	
Thursday, May 31		Acts 1-4	
Friday, June 1		<b>Claim your prize!</b>	