Provo Utah Parkway Stake
Helaman's Challenge 2023

YOUR INDIVIDUAL GOALS

		Points Possible	Points You Earned

Discover

Before camp, prayerfully consider a goal you can achieve at camp in each of the four areas of development below. It may help you to consider what interests and skills you already have and think what more you can do. Write the goal in the blanks below for one point each.

Physical:	Goal 1 _____ Goal 2 _____	2	____
Social:	Goal 1 _____ Goal 2 _____	2	____
Spiritual:	Goal 1 _____ Goal 2 _____	2	____
Intellectual:	Goal 1 _____ Goal 2 _____	2	____

Plan (and Share)

Before camp, think about your goals in each area, why they are important to you, how they might bring you closer to Christ. With this in mind, break down your goal into steps or actions to make a plan. Share your plan with at least one other person, such as a parent, leader, or friend, to help you be accountable and build unity.

Physical:	I shared my plans with _____.	☐ Goal 1	☐ Goal 2	2	____
Social:	I shared my plans with _____.	☐ Goal 1	☐ Goal 2	2	____
Spiritual:	I shared my plans with _____.	☐ Goal 1	☐ Goal 2	2	____
Intellectual:	I shared my plans with _____.	☐ Goal 1	☐ Goal 2	2	____

Act

Carry out your plan. At least part of your plan should be done at camp. While you are doing this, you may realize you need to make adjustments to your plan. Allow yourself to make this a learning experience.

Physical:	I carried out my plan.	☐ Goal 1	☐ Goal 2	2	____
Social:	I carried out my plan.	☐ Goal 1	☐ Goal 2	2	____
Spiritual:	I carried out my plan.	☐ Goal 1	☐ Goal 2	2	____
Intellectual:	I carried out my plan.	☐ Goal 1	☐ Goal 2	2	____

Reflect

Write about your experience, in a journal, on a paper, or electronically. You may consider writing things like what you learned, what you might do next, how you might use what you've learned to help others, and how your experience brings you closer to the Savior.

Physical:	I reflected in writing on my experience.	☐ Goal 1	☐ Goal 2	2	____
Social:	I reflected in writing on my experience.	☐ Goal 1	☐ Goal 2	2	____
Spiritual:	I reflected in writing on my experience.	☐ Goal 1	☐ Goal 2	2	____
Intellectual:	I reflected in writing on my experience.	☐ Goal 1	☐ Goal 2	2	____

SUBTOTAL: INDIVIDUAL GOALS 24 _____

Provo Utah Parkway Stake
Helaman's Challenge 2023

SHARED CAMP GOALS

	Points Possible	Points You Earned
Physical		
As young men work through physically challenging circumstances together, they develop flexibility to work with different ideas and learn how to bounce back from setbacks. They become grateful for life's simple pleasures. They develop a strong faith that they can move forward with God's help, even in the face of life's significant challenges.		
Test Yourself Before Camp.	3	
Mile Run: Date Tested: _____ Minutes _____ Seconds _____ (1 point)		
Sit-Ups: Date Tested: _____ Number _____ (1 point)		
Push-Ups: Date Tested: _____ Number _____ (1 point)		
Set Goals for Camp: Mile Run: Minutes ___Seconds ___ Sit-Ups: ___ Push-Ups: ___	1	
Add a point for each goal achieved: ☐ Mile Run ☐ Sit-Ups ☐ Push-Ups	3	
Participate in the Camp Hike	1	
Participate in the Camp Service Project	1	
Social		
Camping provides opportunities to build brotherhood and quorum unity. If those who serve with you feel mutual love and trust, the work of the Lord moves forward.		
Learn Something New about Skills, Hobbies, or Goals of 2 Quorum Members.	2	
Eat with a Young Man You Don't Know During a Meal Provided by the Stake. ☐ Thursday Barbecue Lunch (1 point) ☐ Saturday Breakfast (1 point)	2	
Talk with 2 Leaders about Their Personal Story (career, family, challenges, etc.)	2	
Spiritual		
Spiritual experiences cannot be forced, but camps can help create settings away from the distractions of life where it may be easier for young men to feel the Spirit, increase their faith in Christ, and make commitments to follow Him.		
Attend the Temple with Your Ward or On Your Own	1	
Memorize the Camp Scriptures (1 point for each checkbox)	7	
YM Theme: ☐ ¶ 1-3 ☐ ¶ 4-5 Theme Scripture: ☐ Phil. 4:13		
The Living Christ: ☐ ¶ 1-2 ☐ ¶ 3-5 ☐ ¶6-10 ☐ ¶11-13		
Set a Goal for Daily Scripture Reading (_____) and Achieve it (1 pt/day)	3	
Write in Your Journal Each Day (1 point/day)	3	
Intellectual		
Young men need to develop skills that will help them prepare for their future, increase critical-thinking skills, build resiliency, and strengthen personal responsibility. They develop confidence by taking the opportunity to learn and practice new skills in real-life settings.		
Help with Cooking at Least One Meal with Your Ward	1	
Work on One Shared Skills-Based Goal with your Quorum: _____	1	
SUBTOTAL: SHARED CAMP GOALS	31	
TOTAL OF ALL POINTS	**55**	