

# MARCH 2025

## Monthly Motivational Calendar

presented by



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Daily Devotion</b> <sup>30</sup> Read and complete the strategy at the bottom! (On the homepage of the app!)  <b>RTB: Psalm 18</b>	<b>Motivated Monday</b> <sup>31</sup> <i>What are your goals for April? Pray now that God will help you achieve them!</i>  <b>RTB: 2 Kings 1-2 Ps 19</b>	<b>OUR MONTHLY SCRIPTURE</b>  <b>“THEN SHALL YOUR LIGHT BREAK FORTH LIKE THE DAWN, AND YOUR HEALING SHALL SPRING FORTH SPEEDILY.” ISAIAH 58:8</b>				<b>Stay Focused Saturday</b> <sup>1</sup> Write your GOALS in the 4 areas you desire change. Find them inside the front cover of your MAP  <b>RTB: 2 Sam 3-4 Pro 22:17-29</b>
<b>Daily Devotion</b> <sup>2</sup> Read and complete the strategy at the bottom! (On the homepage of the app!)  <b>RTB: 2 Sam 5-7 Pro 23</b>	<b>Mindful Monday</b> <sup>3</sup> <i>Start your day w/ Deep Breathing 5x5x5 Inhale 5 sec/Exhale 5 sec/5x's Promotes stress relief &amp; focus</i>  <b>RTB: 2 Sam 8-9 Pro 24:1-22</b>	<b>MONTHLY MOTIVATIONAL MEETING</b> <sup>4</sup> <b>7P-8P</b> <b>2ND FLOOR CFC CAMPUS</b>  <b>RTB: 2 Sam 10-11 Pro 24:23-34</b>	<b>Wellness Wednesday</b> <sup>5</sup> Head over to the Family Room inside the app and share your fav “Healthy Swap!”  <b>RTB: 2 Sam 12 Pro 25</b>	<b>Bible Study on the homepage of the app!</b> <sup>6</sup> <b>Tonight at 7p</b> <b>(Continuing our conversation on fasting!)</b>  <b>RTB: 2 Sam 13-14 Pro 26</b>	<b>Weigh in Day!</b> <sup>7</sup> <b>Fasting Friday</b> Fast ALL processed snacks today!  <b>RTB: 2 Sam 15-16 Pro 27</b>	<b>JOIN US</b> <sup>8</sup>  <b>RTB: 2 Sam 17-18 Pro 28</b>
<b>Daily Devotion</b> <sup>9</sup> Read and complete the strategy at the bottom! (On the homepage of the app!)  <b>RTB: 2 Sam 19-20 Pro 29</b>	<b>Meaningful Monday</b> <sup>10</sup> <i>How are you praying specifically about your wellness journey today?</i> <b>Share in the app!</b> <b>RTB: 2 Sam 21 Pro 30</b>	<b>TRY IT TUESDAY</b> <sup>11</sup> E4M Avocado My Eggs (Find the recipe in the MAP)  <b>RTB: 2 Sam 22: 1-23:7 Pro 31:1-9</b>	<b>Wellness Wednesday</b> <sup>12</sup> Incorporate a variety of colorful fruits and veggies today! Eating the Rainbow=Success <b>RTB: 2 Sam 23: 8-39 Pro 31: 10-31</b>	<b>Bible Study on the homepage of the app!</b> <sup>13</sup> <b>Tonight at 7p</b> <b>(Continuing our conversation on fasting!)</b>  <b>RTB: 2 Sam 24 Psalm 1</b>	<b>Weigh in Day!</b> <sup>14</sup> <b>Fitness Friday</b> Get a 20 minute Cardio workout in today  <b>RTB: Psalm 2</b>	<b>Stay Engaged Saturday</b> <sup>15</sup> Write out your prayer requests re: health in the MAP today  <b>RTB: Psalm 3</b>
<b>Daily Devotion</b> <sup>16</sup> Read and complete the strategy at the bottom! (On the homepage of the app!)  <b>RTB: 1 Kings 1-2 Ps 4</b>	<b>Motivated Monday</b> <sup>17</sup> <i>Commit to one healthy habit today: i.e. getting all your water in/10,000 steps</i> <b>Share on the app!</b> <b>RTB: 1 Kings 3-4 Ps 5</b>	<b>TRY IT TUESDAY</b> <sup>18</sup> E4M Apple Cheddar Turkey Wraps (Find the recipe in the MAP)  <b>RTB: 1 Kings 5-6 Ps 6</b>	<b>Wellness Wednesday</b> <sup>19</sup> Prioritize rest today: Set your intention to get 8 hours of sleep  <b>RTB: 1 Kings 7 Ps 7</b>	<b>Bible Study on the homepage of the app!</b> <sup>20</sup> <b>Tonight at 7p</b> <b>(join the conversation!)</b>  <b>RTB: 1 Kings 8-9 Ps 8</b>	<b>Weigh in Day!</b> <sup>21</sup> <b>Fasting Friday</b> Fast one meal today!  <b>RTB: 1 Kings 10-11 Ps 9</b>	<b>Stay Social Saturday</b> <sup>22</sup> Stay connected. Launch the app/engage in one of our E4M Communities <b>RTB: 1 Kings 12-13 Ps 10</b>
<b>Daily Devotion</b> <sup>23</sup> Read and complete the strategy at the bottom! (On the homepage of the app!)  <b>RTB: 1 Kings 14 Ps 11</b>	<b>Mindful Monday</b> <sup>24</sup> <i>Write down 3 things you are grateful for on your journey!</i> <b>Share in the app!</b> <b>RTB: 1 Kings 15:1-16:20 Ps 12</b>	<b>It's Giving Tuesday!</b> <sup>25</sup> Scan the QR Code with your phone camera to support the mission of E4M!  <b>RTB: 1 Kings 16:21-17:24 Ps 13</b>	<b>Wellness Wednesday</b> <sup>26</sup> Ask God to reveal one thing you can do today to honor Him with your body! <b>Share in the app!</b> <b>RTB: 1 Kings 18-19 Ps 149</b>	<b>Bible Study on the homepage of the app!</b> <sup>27</sup> <b>Tonight at 7p</b> <b>(join the conversation!)</b>  <b>RTB: 1 Kings 20-21 Ps 15</b>	<b>Weigh in Day!</b> <sup>28</sup> <b>Fitness Friday</b> Get a 20 minute strength training workout in today.  <b>RTB: 1 Kings 22 Ps 16</b>	<b>Stay Encouraged Saturday</b> <sup>29</sup> Spend 5 minutes thanking God for all He did in your journey this month!  <b>RTB: Psalm 17</b>