





08 AUGUST 24



Monthly Motivational Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|--|
| <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB:</p> | <p>Schedule a FREE coaching session!</p>  | <p>OUR MONTHLY SCRIPTURE "SO GOD CREATED MAN IN HIS OWN IMAGE, IN THE IMAGE OF GOD HE CREATED HIM." GENESIS 1:27</p> | <p>Bible Study on the homepage of the app! Tonight at 7p (join the conversation!)</p> <p>RTB: Ephesians 6-Phil 1</p> | <p>Bible Study on the homepage of the app! Tonight at 7p (join the conversation!)</p> <p>RTB: 2 Thess 2-3</p> | <p>Weigh in Day! Fasting Friday Fast all processed snacks today!</p> <p>RTB: Phil 2-3</p> | <p>Write out the monthly scripture on a sticky note.</p> <p>Post it where you will see it every day!</p> <p>RTB: Phil 4-Col 1</p> |
| <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: Col 2-3</p> | <p>Motivated Monday Commit to drinking at least 64 oz of water today!</p> <p>RTB: Col 4- 1 Thess 1-2</p> | <p>E4M Wellness Meeting @ 7p Room F227 2nd Fl (bring a friend!)</p> <p>RTB: 1 These 3-4</p> | <p>Wellness Wednesday If you keep good food in your fridge, you will eat good food! What's in your fridge?</p> <p>RTB: 1 Thess 5-2 Thess 1</p> | <p>Bible Study on the homepage of the app! Tonight at 7p (join the conversation!)</p> <p>RTB: 2 Thess 2-3</p> | <p>Weigh in Day! Fasting Friday Fast one or more meals today!</p> <p>RTB: 1 Timothy 1-3</p> | <p>Stay Active Saturday Try a new fun physical activity today! How about Pickleball?</p> <p>RTB: 1 Timothy 4-5</p> |
| <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: I Tim 6-2 Tim 1</p> | <p>Motivated Monday <i>Action is the key to success!</i> Do one thing that will move you closer to your goal today!</p> <p>RTB: 2 Timothy 2-3</p> | <p>It's Giving Tuesday! Scan the QR Code with your phone camera to support the mission of E4M!</p>  | <p>Wellness Wednesday Keeping your body healthy is an expression of gratitude to God! Give Him thanks by being good to your body today!</p> <p>RTB: Titus 3- Philemon</p> | <p>Bible Study on the homepage of the app! Tonight at 7p (join the conversation!)</p> <p>RTB: Hebrews 1-3</p> | <p>Weigh in Day! Fasting Friday Fast all reading other than the Bible</p> <p>RTB: Hebrews 4-6</p> | <p>Stay Active Saturday Instead of dinner or coffee, invite a friend to take a walk in the park</p> <p>RTB: Hebrews 7-8</p> |
| <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: Hebrews 9</p> | <p>Motivated Monday <i>"Any exercise is better than no exercise!"</i> Move your body just 20 min/3-4 days this week!</p> <p>RTB: Hebrews 10</p> | <p>Thought 4 Tuesday If we were created in the image of God, we represent Him. How are you representing God in a positive way with what you eat today?</p> <p>RTB: Hebrews 11</p> | <p>Wellness Wednesday Check out the benefits of "earthing!" Find under Workbooks/Resources on the app</p> <p>RTB: Hebrews 12-13</p> | <p>Bible Study on the homepage of the app! Tonight at 7p (join the conversation!)</p> <p>RTB: James 1-2</p> | <p>Weigh in Day! Fasting Friday Fast Television today</p> <p>RTB: James 3-5</p> | <p>Stay Active Saturday Visit a Farmer's Market and try a fresh new produce!</p> <p>RTB: 1 Peter 1-2</p> |
| <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: 1 Peter 3-4</p> | <p>Motivated Monday <i>"Make a Plan"</i> It's the last week of the month! What's your plan to make it great?</p> <p>RTB: 1 Peter 5 2 Peter 1-2</p> | <p>Thought 4 Tuesday "A healthy body starts with healthy thoughts!" Think HEALTHY TODAY!</p> <p>RTB: 2 Peter 3 1 John 1-2</p> | <p>Wellness Wednesday Remember this: It's not about perfection! It's about consistency! Cultivate healthy habits and you will find success!</p> <p>RTB: 1 John 3-4</p> | <p>Bible Study on the homepage of the app! Tonight at 7p (join the conversation!)</p> <p>RTB: 1 John 5- 3 John</p> | <p>Weigh in Day! Fasting Friday You Choose! What can you fast today to draw closer to God?</p> <p>RTB: Jude 1 Revelation 1</p> | <p>Stay Active Saturday Did you know that kayaking is a great ab workout?</p> <p>RTB: Revelation 2-3</p> |