



SUNDAY
HE IS RISEN!



Schedule a FREE coaching session!



TUESDAY
E4M Wellness Meeting
@ 7p Room F227
2nd Fl (bring a friend!)
RTB: Matt 27

WEDNESDAY
Wellness Wednesday
Read the scripture for April
Psalm 16:5-11
(All of Me in April)
RTB: Matt 28 Mark 1

THURSDAY
Building An Altar
Part Five
Live at 7p, EST
on the app!
(be sure to join the conversation :-)
RTB: Mark 2

FRIDAY
Weigh in Day!
Fasting Friday!
Fast social media for all
or part of the day!
RTB: Mark 3

SATURDAY
Write the monthly scripture and
carry it with you throughout this
month
Psalm 16:5-11
RTB: Mark 4

Read the Daily Devotion
(Don't forget the daily strategy!)
RTB: Mark 5

Motivated Monday
Get at least 64 oz water in
today!
RTB: Mark 6

Giving Tuesday!
Scan the QR Code to help
support the
mission of E4M!
RTB: Mark 7



Wellness Wednesday
Have you exercised today?
Try this:
20 push ups
20 sit ups
20 squats
20 seconds of gratitude
Repeat 2-3 x's
RTB: Mark 8

Inspiring Wellness
(our weekly program)
Live at 7p, EST
on the app!
(be sure to join the
conversation :-)
RTB: Mark 9

Weigh in Day!
Fasting Friday!
Fast at least
one meal today!
RTB: Mark 10

Stretching Saturday
Practice a PraiseMoves posture with
me today
Mt. Zion
(can be found under Member
Resources on the app)
RTB: Mark 11

Read the Daily Devotion
(Don't forget the daily strategy!)
RTB: Mark 12

Motivated Monday
Consume at least 2-4 fruits
and 4-8 veggies today!
RTB: Mark 13

Thought 4 Tuesday!
Feeling stiff? Simple
stretching is the answer. Your
body generates and releases
synovial fluid with stretching.
It's your body's natural
lubricant
RTB: Mark 14

Wellness Wednesday
What scripture is inspiring
you from today's reading?
Share it in the Message
Room on the app!
RTB: Mark 15

Inspiring Wellness
(our weekly program)
Live at 7p, EST
on the app!
(be sure to join the
conversation :-)
RTB: Mark 16

Weigh in Day!
Fasting Friday!
Fast all reading other
than the Bible!
RTB: Luke 1

Stretching Saturday
Practice a PraiseMoves posture with
me today
The Reed
(can be found under Member
Resources on the app)
RTB: Luke 2

Read the Daily Devotion
(Don't forget the daily strategy!)
RTB: Luke 3

Motivated Monday
It's the last full week
of the month!
Finish Strong!
RTB: Luke 4

Thought 4 Tuesday!
Meditating on the Word of
God has been proven to
reduce anxiety and racing
thoughts. Meditate on Psalm
16:5 today!
RTB: Luke 5

Wellness Wednesday
Take a 10 minute prayer
walk at lunch today
Try to listen to God more
than you speak!
RTB: Luke 6

Inspiring Wellness
(our weekly program)
Live at 7p, EST
on the app!
(be sure to join the
conversation :-)
RTB: Luke 7

Weigh in Day!
Fasting Friday!
You choose!
What is taking too
much of your time that
you can consecrate or
fast today
RTB: Luke 8

Stretching Saturday
Practice a PraiseMoves posture with
me today
The Eagle
(can be found under Member
Resources on the app)
RTB: Luke 9

Read the Daily Devotion
(Don't forget the daily strategy!)
RTB: Luke 10

Motivated Monday
Share an update with your
E4M family on the app!
How is your journey going?
RTB: Luke 11

Thought 4 Tuesday!
Psalm 16:11 says, "You will
show me the path of life. In
your presence is fullness of
joy." What does that mean to
your wellness journey?
RTB: Luke 12



ARE YOU SIGNED UP FOR
NEXT MONTH'S MEETING?

You are EQUIPPED4MORE!