


Track your wellness win with a  everyday!

*Peace Beyond Understanding*

# APRIL

Cultivating **PEACE**—one day at a time.

SUN MON TUE WED THU FRI SAT

*'Not as the world gives do I give to you'*

1  
READ JOHN 14:25-31 & THANK GOD FOR A PEACE THAT SURPASSES UNDERSTANDING!

2  
THRIVING THURSDAY LIVESTREAM 7P ON THE APP MARCH RECAP/ JOY & MACROS

3  
WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY. THERE IS JOY IN MOVEMENT!

4  
JOIN THE H & W CLARION CALL TO PRAYER CALL @ 9A TEXT "PRAYERCALL" TO 859-359-3997 TO REGISTER!

5  
MONTHLY CORPORATE FASTING-24 HOUR. SUN 4P-MON 4P

6  
DRINK 16 OZ OF WATER FIRST THING: WAKES UP DIGESTION & HYDRATION

7  
JOIN US FOR THE GATHERING TONIGHT @ 6:45 BRING A FRIEND

8  
BREAKFAST: ½ CUP OATMEAL + 1 TBSP CHIA SEEDS + 1 FRUIT: FEED GOOD GUT BACTERIA


9  
THRIVING THURSDAY LIVESTREAM 7P ON THE APP PEACE/FAITH/GUT HEALTH

10  
WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY. THERE IS JOY IN MOVEMENT!

11  
SPEND 10 MINUTES IN STILLNESS (NO PHONE) → REDUCE NOISE SO PEACE CAN GROW

12  
END THE DAY WITH A PRAYER OF THANKS → CLOSE THE DAY WITH PEACE INSTEAD OF STRESS

13  
EAT ½ CUP YOGURT OR 2 TBSP SAUERKRAUT TODAY: ADDS BENEFICIAL BACTERIA

14  
Giving Tuesday 

15  
WHEN EATING, CHEW EACH BITE AT LEAST 15-20 TIMES: IMPROVES DIGESTION BEFORE FOOD HITS YOUR GUT

16  
THRIVING THURSDAY LIVESTREAM 7P ON THE APP PEACE/FAMILY/GUT HEALTH

17  
WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY. THERE IS JOY IN MOVEMENT!

18  
STOP EATING 2-3 HOURS BEFORE BED: SUPPORTS REPAIR AND BETTER DIGESTION

19  
PRACTICE DEEP BREATHING: LOWERS STRESS, WHICH DIRECTLY IMPACTS GUT HEALTH

20  
EAT THREE DIFFERENT VEGETABLES TODAY: DIVERSITY STRENGTHENS YOUR MICROBIOME

21  
PLANET FITNESS NIGHT! JOIN US @ 7P AT THE FT. WRIGHT LOCATION

22  
TAKE A 10-MINUTE WALK AFTER DINNER: HELPS MOVE FOOD THROUGH YOUR DIGESTIVE SYSTEM

23  
THRIVING THURSDAY LIVESTREAM 7P ON THE APP PEACE/FOOD/GUT HEALTH

24  
WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY. THERE IS JOY IN MOVEMENT!

25  
HAVE YOU SAVED YOUR SEAT FOR THE NEXT MONTHLY MEETING?

26  
EAT A HANDFUL OF NUTS OR SEEDS: PROVIDES FIBER & HEALTHY FATS FOR GUT BALANCE

27  
SKIP SODA, CANDY, OR DESSERTS TODAY: SUGAR FEEDS HARMFUL GUT BACTERIA

28  
FILL IN THE BLANK: ONE WAY I WILL INVITE PEACE INTO THIS DAY: \_\_\_\_\_

29  
SET NEXT MONTH'S INTENTION. LEARNING TO LIVE A PATIENT LIFE!

30  
THRIVING THURSDAY LIVESTREAM 7P ON THE APP PEACE/FITNESS/GUT HEALTH

*Celebrate your progress! You are cultivating a life of peace and improved gut health!*



SCAN ME

Notes:  
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