

# 07<sup>E4M</sup> Declare Your Independence from wellness struggles in JULY!<sup>E4M</sup> 24

**30** **SUNDAY**



**Get set for a new month!**

**RTB: Romans 2**

**1** **MONDAY**

**Our Monthly Motivational Meeting is TOMORROW!**

Head over to the homepage of the app to save your seat!

**RTB: Romans 3-4**

**2** **TUESDAY**

**E4M Wellness Meeting**

@ 7p Room F227  
2nd Fl (bring a friend!)  
Come and sample some healthy juices!

**RTB: Romans 5-6**

**3** **WEDNESDAY**

**Wellness Wednesday**

What is your #1 wellness goal for this month?  
Share your goal in the Family Room on the app

**RTB: Romans 7**

**4** **THURSDAY**



**RTB: Romans 8**

**5** **FRIDAY**

**Weigh in Day! Fasting Friday!**

Fast all processed snacks today!

**RTB: Romans 9-10**

**6** **SATURDAY**

**Write down our monthly scripture and memorize it throughout the month! Ask God to give you a new revelation about this verse. John 8:36**

**RTB: Romans 11**

**7**

**Read the Daily Devotion**  
(Don't forget the daily strategy!)

**RTB: Romans 12-13**




**8**

**Motivated Monday**

Ready to "Declare your FREEDOM from wellness struggles?"

Download and print a Monthly Action Plan!  
Find under Workbooks and Resources on the app!


**RTB: Romans 14-15**



**9**

**Giving Tuesday!**

Scan the QR Code to help support E4M!



**RTB: Romans 16**  
**1 Cor 1**

**10**

**Wellness Wednesday**

Check out the **4 Signs You Might Be Sabotaging your Weight Loss Journey**  
(Find them under Workbooks and Resources on the app!)

**RTB: 1 Cor 2-3**

**11**

**2 Girls and a Bible**

Live at 7p, EST on the app!  
(join the conversation :-)

**RTB: 1 Cor 4-5**

**12**

**Weigh in Day! Fasting Friday!**

Fast at least one meal today!

**RTB: 1 Cor 6-7**

**13**

**Stretching Saturday**

Practice a PraiseMoves posture with me today  
find under:  
**E4M Daily Tools on the app**

**RTB: 1 Cor 8-9**

**14**

**Read the Daily Devotion**  
(Don't forget the daily strategy!)

**RTB: 1 Cor 10**




**15**

**Motivated Monday**

Consume at least 2-4 fruits and 4-8 veggies today!

**RTB: 1 Cor 11**



**16**

**Thought 4 Tuesday!**

A "Declaration" is a bold statement based on faith!  
What will you declare about your wellness journey today?

**RTB: 1 Cor 12-13**

**17**

**Wellness Wednesday**

What scripture is inspiring you from today's reading?  
Share it in the Message Room on the app!

**RTB: 1 Cor 14**

**18**

**2 Girls and a Bible**

Live at 7p, EST on the app!  
(join the conversation :-)

**RTB: 1 Cor 15**

**19**

**Weigh in Day! Fasting Friday!**

Fast all reading other than the Bible!

**RTB: 1 Cor 16**  
**2 Cor 1**

**20**

**Stretching Saturday**

Practice a PraiseMoves posture with me!  
find under:  
**E4M Daily Tools on the app**

**RTB: 2 Cor 2-4**

**21**

**Read the Daily Devotion**  
(Don't forget the daily strategy!)

**RTB: 2 Cor 5-6**

**22**

**Motivated Monday**

Set a goal to move your body at least 20 minutes/3-4 days this week!

**RTB: 2 Cor 7-8**

**23**

**Thought 4 Tuesday!**

Meditating on the Word of God has been proven to reduce anxiety and racing thoughts. Meditate on John 8:36

**RTB: 2 Cor 9-10**

**24**

**Wellness Wednesday**

Take a 10 minute prayer walk today

**RTB: 2 Cor 11-12**

**25**

**2 Girls and a Bible**

Live at 7p, EST on the app!  
(join the conversation :-)

**RTB: 2 Cor 13**  
**Gal 1**

**26**

**Weigh in Day! Fasting Friday!**

Fast television today

**RTB: Gal 2-3**

**27**

**Stretching Saturday**

Practice a PraiseMoves posture with me!  
find under:  
**E4M Daily Tools on the app**

**RTB: Gal 4-5**

**28**

**Read the Daily Devotion**  
(Don't forget the daily strategy!)

**RTB: Gal 6**  
**Eph 1**

**29**

**Happy Memorial Day!**

Get at least 64 oz water in today!

**RTB: Eph 2-3**

**30**

**Thought 4 Tuesday!**

John 8:36 says "Who the Son sets FREE is FREE indeed."  
How have you been set FREE this month?

**RTB: Eph 4**


**31**

**Wellness Wednesday**


Add these 3 foods to your daily diet to promote success

1. Fresh fruits/veggies
2. Whole grains
3. Lean protein

**RTB: Eph 5**



Scan to schedule a FREE wellness consult!



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