




<p>25</p> <p>SUNDAY</p> <p>Schedule a FREE coaching session!</p> 	<p>26</p> <p>MONDAY</p> <p>Motivated Monday</p> <p>Set a goal to get ALL your water in today!</p>	<p>27</p> <p>TUESDAY</p> <p>E4M Wellness Meeting</p> <p>@ 7p Room F227 2nd Fl (bring a friend!)</p>	<p>28</p> <p>WEDNESDAY</p> <p>Wellness Wednesday</p> <p>Memorize the scripture for March Isaiah 43:18-19</p>	<p>29</p> <p>THURSDAY</p> <p>Fasting Thursday!</p> <p>Fast social media for all or part of the day!</p>	<p>01</p> <p>FRIDAY</p> <p>Weigh in Day!</p> <p>Building An Altar Part One Live at noon, EST on the app!</p>	<p>02</p> <p>SATURDAY</p> <p>Write the monthly scripture and carry it with you throughout this month Isaiah 43: 18-19</p>
<p>03</p> <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p>	<p>04</p> <p>Motivated Monday</p> <p>Set a goal to get ALL your water in today!</p>	<p>05</p> <p>E4M Wellness Meeting</p> <p>@ 7p Room F227 2nd Fl (bring a friend!)</p>	<p>06</p> <p>Wellness Wednesday</p> <p>Have you exercised today? Aim for 20-30 minutes of aerobic activity burning up to 300 calories!</p>	<p>07</p> <p>Building An Altar Part Two Live at 7p, EST on the app! (be sure to join the conversation :-)</p>	<p>08</p> <p>Weigh in Day!</p> <p>Fasting Friday! Fast at least one meal today!</p>	<p>09</p> <p>Spring Forward!</p> <p>Set your clocks one hour ahead before you go to bed tonight!</p> <p>Get Ready! We are Reading through the NT together! Starting tomorrow!</p>
<p>10</p> <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: Matt 1-2</p>	<p>11</p> <p>Motivated Monday</p> <p>Set a goal to consume at least 5 fruits and veggies today!</p> <p>RTB: Matt 3-4</p>	<p>12</p> <p>Giving Tuesday!</p> <p>Scan the QR Code to help support the mission of E4M!</p>  <p>RTB: Matt 5</p>	<p>13</p> <p>Wellness Wednesday</p> <p>What scripture is inspiring you from today's reading? Share it in the Message Room on the app!</p> <p>RTB: Matt 6</p>	<p>14</p> <p>Building An Altar Part Three Live at 7p, EST on the app! (be sure to join the conversation :-)</p> <p>RTB: Matt 7</p>	<p>15</p> <p>Weigh in Day!</p> <p>Fasting Friday! Fast all reading other than the Bible!</p> <p>RTB: Matt 8</p>	<p>16</p> <p>Move your body today</p> <p>Try this: 20 push ups 20 sit ups 20 squats 20 secondd of gratitude</p> <p>RTB: Matt 9</p>
<p>17</p> <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: Matt 10</p>	<p>18</p> <p>Motivated Monday</p> <p>Share an update with your E4M family on the app! How is your journey going?</p> <p>RTB: Matt 11</p>	<p>19</p> <p>Thought 4 Tuesday!</p> <p>Exercise of ANY kind reduces cortisol (the stress hormone) in our brain! Take a 10 minute prayer walk today to reduce stress!</p> <p>RTB: Matt 12</p>	<p>20</p> <p>Wellness Wednesday</p> <p>Take a 10 minute prayer walk at lunch today Try to listen to God more than you speak!</p> <p>RTB: Matt 13</p>	<p>21</p> <p>Building An Altar Part Four Live at 7p, EST on the app! (be sure to join the conversation :-)</p> <p>RTB: Matt 14</p>	<p>22</p> <p>Weigh in Day! Fasting Friday!</p> <p>You choose! What is taking too much of your time that you can consecrate or fast today</p> <p>RTB: Matt 15</p>	<p>23</p> <p>Visit the prayer room today and share a prayer request or offer to pray for a family member</p> <p>RTB: Matt 16-17</p>
<p>24</p> <p>Read the Daily Devotion (Don't forget the daily strategy too!)</p> <p>RTB: Matt 18</p>	<p>25</p> <p>Motivated Monday</p> <p>It's the last week of the month! Finish Strong!</p> <p>RTB: Matt 19</p>	<p>26</p> <p>Thought 4 Tuesday!</p> <p>Regular walks reduce joint pain by keeping our bodies flexible! Take a 10 minute prayer walk today!</p> <p>RTB: Matt 20</p>	<p>27</p> <p>Wellness Wednesday</p> <p>Recite the monthly scripture from memory? How is God "Doing a New Thing" in your journey?</p> <p>RTB: Matt 21</p>	<p>28</p> <p>Media Catch Up</p> <p>Launch the "Tune In" Tab at the bottom of the homepage of the app. Explore our media library for inspo on your journey</p> <p>RTB: Matt 22</p>	<p>29</p> <p>Fasting Friday</p> <p>Fast all secular media and music. (i.e. podcasts, music.)</p> <p>RTB: Matt 23</p>	<p>30</p> <p>RTB: Matt 24</p> 

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RTB: Matt 25

You are **EQUIPPED4MORE!**

ARE YOU SIGNED UP FOR NEXT MONTH'S MEETING?

