



“Make it Happen” in MAY



28

SUNDAY



Schedule a FREE coaching session!



29

MONDAY

Motivated Monday

Get at least 64 oz water in today!

RTB: Luke 18

30

TUESDAY

RTB: Luke 12

1

WEDNESDAY

Wellness Wednesday
Read and highlight the scripture for May
Isaiah 60:22
(Make it Happen in May!)

RTB: Luke 13

2

THURSDAY

The Power of Prayer

The Fish and Loaves
Live at 7p, EST
on the app!
(be sure to join the conversation :-)

RTB: Luke 14

3

FRIDAY

Weigh in Day!

Fasting Friday!
Fast social media for all or part of the day!

RTB: Luke 15

SATURDAY

Write the monthly scripture on a sticky note. Post it where you will see it every day!
“When the time is right, I the Lord will make it happen!”
Isaiah 60:22

RTB: Luke 16

5

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

RTB: Luke 17

6

Motivated Monday

Get at least 64 oz water in today!

RTB: Luke 18

7

E4M Wellness Meeting

@ 7p Room F227
2nd Fl (bring a friend!)

RTB: Luke 19

8

Wellness Wednesday
Check out the **4 Spring Superfoods** to boost weight loss!
(Find them under *Workbooks and Resources on the app!*)

RTB: Luke 20

9

Inspiring Wellness

(our weekly program)

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

RTB: Luke 21

10

Weigh in Day!

Fasting Friday!
Fast at least one meal today!

RTB: Luke 22

11

Stretching Saturday

Practice a PraiseMoves posture with me today
Angel
(can be found under Members Only on the app)

RTB: Luke 23

12

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

RTB: Luke 24

13

Motivated Monday

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

RTB: John 1

14

Giving Tuesday!

Scan the QR Code to help support the mission of E4M!

RTB: John 2



15

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

RTB: John 3

16

Inspiring Wellness

(our weekly program)

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

RTB: John 4

17

Weigh in Day!

Fasting Friday!
Fast all reading other than the Bible!

RTB: John 5

18

Stretching Saturday

Practice a PraiseMoves posture with me today
Tent
(can be found under Members Only on the app)

RTB: John 6

19

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

RTB: John 7

20

Motivated Monday

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

RTB: John 8

21

Thought 4 Tuesday!

Meditating on the Word of God has been proven to reduce anxiety and racing thoughts. Meditate on Isaiah 60:22 today!

RTB: John 9

22

Wellness Wednesday
Take a 10 minute prayer walk today

RTB: John 10

24

Inspiring Wellness

(our weekly program)

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

RTB: John 11

25

Weigh in Day!

Fasting Friday!
Fast television today

RTB: John 12

26

Stretching Saturday

Practice a PraiseMoves posture with me today
Prayer Warrior
(can be found under Members Only on the app)

RTB: John 13

27

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

RTB: John 14

28

Happy Memorial Day!

Check out “Julie’s Kitchen” on the homepage of the app to see what she’s grilling up on this holiday!

RTB: John 15



29

Thought 4 Tuesday!

Isaiah 60:22 says, “When the time is right, I the Lord will make it happen.”
What did the Lord make happen for in May?

RTB: John 16

29

Wellness Wednesday
Eliminate these 3 foods from your diet to promote success

1. *Highly processed foods*
2. *Sugary drinks*
3. *Sugary cereals*

RTB: John 17

30

Inspiring Wellness

(our weekly program)

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

RTB: John 18

31

Weigh in Day!

Fasting Friday!
You choose!

What is taking too much of your time that you can consecrate or fast today.

RTB: John 19



You are EQUIPPED4MORE!