

"Jumpstart your Wellness" in JUNE

July 1st

SUNDAY
Get set for a new month!

RTB: Rom 2

MONDAY

Schedule a FREE wellness consult!

TUESDAY



WEDNESDAY

You are **EQUIPPED4MORE!**

THURSDAY

ARE YOU SIGNED UP FOR NEXT MONTH'S MEETING?



FRIDAY

SATURDAY
Write the monthly scripture on a sticky note. Post it where you will see it every day!

Ephesians 3: 17, 18

RTB: John 20

2

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

RTB: John 21-Acts 1

3

Motivated Monday

Ready to "Jumpstart your Wellness?"
Download and print a Monthly Action Plan!
Find under Workbooks and Resources on the app!

RTB: Acts 2

5

E4M Wellness Meeting

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

RTB: Acts 3

5

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

RTB: Acts 4

6

2 Girls and a Bible

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

RTB: Acts 5

Weigh in Day!

Fasting Friday!
Fast at least one meal today!

RTB: Acts 6

8

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

RTB: Acts 7

9

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

RTB: Acts 8

10

Motivated Monday


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

RTB: Acts 9

11

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

RTB: Acts 10



12

Wellness Wednesday

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

RTB: Acts 11

13

2 Girls and a Bible

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

RTB: Acts 12

14

Weigh in Day!

Fasting Friday!
Fast all reading other than the Bible!

RTB: Acts 13

15

Stretching Saturday
Practice a PraiseMoves posture with me!
The Prayer of Jabez
find under:
E4M Daily Tools on the app

RTB: Acts 14

16

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

RTB: Acts 15

17

Motivated Monday

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

RTB: Acts 16

18

Thought 4 Tuesday!
Meditating on the Word of God has been proven to reduce anxiety and racing thoughts. Meditate on Ephesians 3:17, 18

RTB: Acts 17

19

Wellness Wednesday

Take a 10 minute prayer walk today


RTB: Acts 18

20

2 Girls and a Bible

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

RTB: Acts 19

 *First day of Summer*

21

Weigh in Day!

Fasting Friday!
Fast television today

RTB: Acts 20

22

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

RTB: Acts 21

23

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

RTB: Acts 22

24

Happy Memorial Day!

Get at least 64 oz water in today!

RTB: Acts 23

25

Thought 4 Tuesday!
Ephesians 3: 17-18 speaks of comprehending God's love. How does understanding God's love for you change your wellness journey?

RTB: Acts 24-25

26

Wellness Wednesday

Eliminate these 3 foods from your diet to promote success

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

RTB: Acts 26

28

2 Girls and a Bible

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

RTB: Acts 27

29

Weigh in Day!

Fasting Friday!
You choose!
What is taking too much of your time that you can consecrate or fast today.

RTB: Acts 28

30

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

RTB: Rom 1