

A Joyful Life!

Track your wellness win with a  everyday!

MARCH

Cultivating *JOY* — one day at a time.

SUN MON TUE WED THU FRI SAT

1 This is the Day that the Lord has made! Read Psalm 118 & Thank God that He is preparing you to live with Joy!

2 Write down 3 things you are thankful for. Joy begins with gratitude!

3 Join us for The Gathering Tonight @6:45 Bring a Friend

4 Grab a friend and join our small group! Text BEWELL to 859-359-3997

5 Catch the Thursday Night Livestream @ 7p on the app Joy & Faith

6 Weigh in Day Fitness Friday. Get active today

7 Join the H & W Clarion Call to prayer call @9a Text "prayercall" to 859-359-3997 to register!

8 Monthly Corporate Fasting-24 hour. Sun 4p-Mon 4p

9 Micro focus: Vitamin D Take a 10-15 minute prayer walk today!

10 Giving Tuesday 

11 Macro focus: Add healthy fats to your meal plan today (avocado, olive oil, nuts).

12 Catch the Thursday Night Livestream @ 7p on the app Joy & Family

13 Weigh in Day Fitness Friday. Get active today. There is Joy in Movement!

14 Encourage someone intentionally today. There is Joy in kindness!

15 Speak life over yourself today! There is Joy in encouraging yourself!

16 Micro focus: Get your Vitamin C today! (berries, citrus) to boost your mood & immunity.

17 Planet Fitness night! Join us @7p at the Ft. Wright Location

18 Macro focus: Track protein intake today. Aim for 10% of body weight.

19 Catch the Thursday Night Livestream @ 7p on the app Joy & Food

20 Weigh in Day Fitness Friday. Get active today. There is Joy in Movement!

21 Begin the day with water and the Word before coffee or other beverages.

22 Aim for 7-9 hours of sleep. There is Joy in rest!

23 Macro focus: Avoid ultra-processed foods today.

24 Track your salt intake today. Aim for less than 2000 mg

25 Micro focus: Challenge-eat 5 plant foods today. (think fruits, veggies, beans, grains)

26 Catch the Thursday Night Livestream @ 7p on the app Joy & Fitness

27 Weigh in Day Fitness Friday. Get active today. There is Joy in Movement!

28 Join us at the First Annual Wellness Expo at CFC 9am - 1pm

29 Celebrate your progress and set next month's intention. Learning to live a Peaceful Life!

30 Turn on some praise music! Praise Him! Thank Him for cultivating Joy in you this month!

31 Have you saved your seat for the next monthly meeting?



Notes:
