LOSE TO WIN – L.E.A.D.

CALENDAR OF EVENTS - MARCH 2023

| DATE/WEEK | MARCH EVENTS |
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| Week 1: 3/4 – 3/11 | <u>Saturday, 3/4:</u> Initial weigh in – (8 - 8:30 am) kickoff: (9:30 – 11:30 am) <u>Tuesday, 3/7:</u> Initial Mid-week weigh in (6 – 6:20 pm) Tues Transformation: (6:30 – 7 pm) Wednesday, 3/8 God's WORD Wednesday! Share your favorite scripture about HOPE in the <u>main</u> GM <u>Saturday, 3/11:</u> Weigh in – (8 – 8:30 am) Workout (9 – 9:45 am) Wellness Class (10 – 11 am) Make sure you have the STRIDEKICK APP |
| Week 2: 3/12 – 3/18 STRIDEKICK CHALLENGE | <u>Tuesday, 3/14</u>: Mid-week weigh in (6 – 6:20 pm) Tuesday Transformations: TOPIC (6:30 – 7 pm) <u>Wednesday, 3/15</u> "God's WORD Wednesday"! Share one of your favorite scriptures to encourage one another! <u>Thursday, 3/16</u> Mid-Week Hike: Cravens Park (6:30 pm) Thoughtful Thursday: Tribe discussion question <u>Saturday, 3/18</u>: Weigh in (8 – 8:30 am) Group Hike (9:30 – 11 am) |

| Week 3: 3/19 – 3/25 STRIDEKICK CHALLENGE | <u>Tuesday, 3/21</u>: Mid-week weigh in (6 – 6:20 pm) Tuesday Transformations Talks: (6:30 – 7 pm) <u>Wednesday, 3/22</u> "What Cha Wanna Know Wednesday?" Ask your health and wellness questions in the GroupMe! Water WednesdayCan you drink at least 80 ounces today??? <u>Thursday, 3/23</u> Thoughtful Thursday: Tribe discussion question Friday, 3/24: Fun Friday! Stay tuned <u>Saturday, 3/25</u> Weigh in (8 – 8:30 am) Workout (9 – 9:45 am) Wellness Class (10 – 11 am) |
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| Week 4: 3/26 – 4/1 STRIDEKICK CHALLENGE | Tuesday, 3/28: Mid-week weigh in (6 – 6:20 pm) Tuesday Transformations: (6:30 – 7 pm) Wednesday, 3/39 "God's WORD Wednesday"! Share one of your favorite scriptures about faith! Thursday, March 30th Mid-Week Hike: Cravens Park (6:30 pm) Thoughtful Thursday: Tribe discussion question Saturday, 4/1: Weigh in (8 – 8:30 am) Group Activity – Cornerstone Church (9:30 – 11 am) |