

APRIL 2024 - CALENDAR OF EVENTS

<p>Week 5: 3/31 – 4/6</p>	<p>Sunday: RESURRECTION SUNDAY!</p> <ul style="list-style-type: none"> Rest and plan meals/workouts for the week! <p>Monday:</p> <ul style="list-style-type: none"> Motivation Monday! Don't miss a Monday workout! <p>Tuesday:</p> <ul style="list-style-type: none"> Weigh in: 6 – 6:20 pm (Zoom) <i>Tuesday Transformation Talks:</i> 6:30 – 7:00 pm <p>Wednesday:</p> <ul style="list-style-type: none"> <i>Water Wednesday!</i> Goal = 10 cups of water or 80 ounces. Post pics of your water bottle! <p>Thursday:</p> <ul style="list-style-type: none"> Thoughtful Thursday <p>Friday:</p> <ul style="list-style-type: none"> Favorite Recipe Friday! Share your favorite vegetable-based recipe! <p>Saturday:</p> <ul style="list-style-type: none"> Weigh in: 8 – 8:30 am Church-wide Clean Up: Earn an extra 200 points for helping! If you are not in the area, volunteer at your church or a local charity today and you can earn and additional 200 points as well!
<p>Week 6: 4/7 – 4/13</p> <p>STEP CHALLENGE #3</p>	<p>Sunday:</p> <ul style="list-style-type: none"> Rest and plan meals/workouts for the week! <p>Monday:</p> <ul style="list-style-type: none"> MEATLESS Monday! Skip the meat today and focus on wholesome fruits, veggies, and grains. <p>Tuesday:</p> <ul style="list-style-type: none"> Weigh in: 6 – 6:20 pm (Zoom) <i>Tuesday Transformation Talks:</i> 6:30 – 7:00 pm <p>Wednesday:</p> <ul style="list-style-type: none"> <i>Water Wednesday!</i> Goal = 10 cups of water or 80 ounces. <p>Thursday:</p> <ul style="list-style-type: none"> Thankful Thursday!

	<p>Friday:</p> <ul style="list-style-type: none"> • Fun Friday! Try a new workout you haven't tried before like Yoga or Tai Chi <p>Saturday:</p> <ul style="list-style-type: none"> • Weigh in: 8 – 8:30 am • Group Hike: 9:30 am – 11 am...Location TBD
<p>Week 7:</p> <p>4/14 – 4/20</p> <p>STEP CHALLENGE #4</p>	<p>Sunday:</p> <ul style="list-style-type: none"> • Rest and plan meals/workouts for the week! <p>Monday:</p> <ul style="list-style-type: none"> • Motivation Monday! Don't miss a Monday workout! • Step challenge starts today! See the GroupMe for instructions. <p>Tuesday:</p> <ul style="list-style-type: none"> • Weigh in: 6 – 6:20 pm (Zoom) • <i>Tuesday Transformation Talks:</i> 6:30 – 7:00 pm <p>Wednesday:</p> <ul style="list-style-type: none"> • WORSHIP Wednesday! Post your favorite scripture from the book of PROVERBS! <p>Thursday:</p> <ul style="list-style-type: none"> • Thought-Full Thursday! <p>Friday:</p> <ul style="list-style-type: none"> • Favorite Recipe Friday! Share your favorite meat-based recipe! <p>Saturday:</p> <ul style="list-style-type: none"> • Weigh in: 8 – 8:30 am • Group Activity at the Church 9:30 – 11 am
<p>Week 8:</p> <p>4/21 – 4/27</p> <p>StepUp Walking Challenge #2</p>	<p>Sunday:</p> <ul style="list-style-type: none"> • Rest and plan meals/workouts for the week! <p>Monday:</p> <ul style="list-style-type: none"> • MEATLESS MONDAY! Skip the meat today and focus on wholesome fruits, veggies, and grains. • Step challenge starts today! See the GroupMe for instructions. <p>Tuesday:</p> <ul style="list-style-type: none"> • Weigh in: 6 – 6:20 pm (Zoom) • <i>Tuesday Transformation Talks:</i> 6:30 – 7:00 pm <p>Wednesday:</p>

	<ul style="list-style-type: none"> • <i>Water Wednesday!</i> Goal = 10 cups of water or 80 ounces. Share you water bottle! • <p>Thursday:</p> <ul style="list-style-type: none"> • Thankful Thursday! <p>Friday:</p> <ul style="list-style-type: none"> • Favorite Recipe Friday! Share a healthy dessert recipe! <p>Saturday:</p> <ul style="list-style-type: none"> • Weigh in: 8 – 8:30 am • Church-wide Evangelism Event: Earn and extra 200 points for participating! • If you do not live in the area, earn an extra 200 points for volunteering at your church or in your community today.
<p>Week 9:</p> <p>4/28 – 4/30</p>	<p>Sunday:</p> <ul style="list-style-type: none"> • Rest and plan meals/workouts for the week! <p>Monday:</p> <ul style="list-style-type: none"> • Motivation Monday! Don't miss a Monday workout! <p>Tuesday:</p> <ul style="list-style-type: none"> • Weigh in: 6 – 6:20 pm (Zoom) • <i>Tuesday Transformation Talks:</i> 6:30 – 7:00 pm