

September 2022: Assess & DeStress - I AM HERE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIND: Goal Setting: How, What, Where & Why BODY/NUTRITION: : Assessments SPIRIT: Project Stress Relief / Book of Ephesians				1	2	3
				Workout: Matthew 6:33 (35min Strength)	Workout: Rev on the Mat Facebook Live at 3:30pm- Readiness and goal sheet.	7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
4	5 LABOR DAY 5K Rev on the Mat Youtube live 10 AM EST	6 6:15 AM Workout	7 7:00 AM- 7:30 AM Meditation & Prayer Facebook Live 12pm Do not be afraid of your results	8 Workout: But The Advocate	9 Workout: It is Well Stretch 6mins	10 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
11	12	13 6:15 AM Workout	14 7:00 AM- 7:30 AM Meditation & Prayer	15 Workout: Bold and Confident Workout	16 Workout: Flexibility Friday stretch before bed Facebook live 3:30pm- How to process my results	17 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
18	19 Project Stress Relief Begins Rev on the Mat Youtube live 7pm EST	20 6:15 AM Workout	21 7:00 AM- 7:30 AM Meditation & Prayer Facebook Live 12pm -What is your plan	22 Workout: Accumulator 30 min Strength	23 Workout: It is Well Stretch 6mins	24 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
25	26	27 6:15 AM Workout	28 7:00 AM- 7:30 AM Meditation & Prayer	29 Workout: 30 min Strength	30 Workout: 7 min Core Facebook live 3:30pm- Implementation - SMART	