

# 2021 April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 Read or reread today's devo	02 • Weigh In Day • Strategy Meeting	03 Post or comment on the family page or in the app
04 Our Honey Glazed Easter Ham is the perfect main dish - guilt free too!	05 Afternoon Prayer with Kellie	06 Have you exercised today? If not, it's not too late!	07 Busy morning? Try the Yummy Yogurt Parfait for a quick low cal breakfast.	08 Post or comment on the family page or in the app	09 • Weigh In Day • Strategy Meeting	10 Reach out to an EAM family member and offer an encouraging word
11 Share the devotion with someone today	12 Afternoon Prayer with Kellie	13 Post or comment on the family page or in the app	14 Remember that you are not your own. You were bought with a price!	15 Review your monthly goals. How are you doing?	16 • Weigh In Day • Strategy Meeting	17 Implement the daily strategy from today's daily devotion
18 Post or comment on the family page or in the app	19 Afternoon Prayer with Kellie	20 Try 'Deviled Eggs On Toast' for lunch today!	21 Try reciting the monthly scripture from memory	22 Keep going! God is doing AMAZING things in you!	23 • Weigh In Day • Strategy Meeting	24 Who doesn't love dessert? Try the 'Strawberry Shortcake' today!
25 Praise God for the successes you've achieved this month!	26 Afternoon Prayer with Kellie	27 Post or comment on the family page or in the app	28 Print out May's MAP	29 Did you get your groceries for May's recipes?	30 • Weigh In Day • Strategy Meeting	
		Notes:				