


2021 December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 Prayer with Kellie	02 Give your best gift this month - a healthy YOU!	03 • Weigh In Day • Strategy Meeting	04 Post or comment on the family page or in the app
05 It's #GivingSunday - prayerfully consider giving to E4M!	06 Busy week ahead? Try the Warm Beginnings recipe to start your day right!	07 Monthly Motivational Meeting - 7pm Room F227 - 2nd floor Family Life Center	08 Prayer with Kellie	09 Post or comment on the family page or in the app	10 • Weigh In Day • Strategy Meeting	11 Write out the monthly scripture and put it on your mirror.
12 Read or reread today's devo	13 Post or comment on the family page or in the app	14 Grilled Cheesy Goodness for your midday.....quick, easy and delicious!	15 Prayer with Kellie	16 Review your monthly goals. How are you doing?	17 • Weigh In Day • Strategy Meeting	18 Implement the daily strategy from today's daily devotion
19 Reach out to an E4M family member and offer an encouraging word	20 Share the devotion with someone today	21 Post or comment on the family page or in the app	22 Prayer with Kellie	23 Start a new tradition with your family - make the PBFit Buckeyes together!	24 • Weigh In Day • Strategy Meeting	25 MERRY CHRISTMAS!!
26 Post or comment on the family page or in the app	27 It's a perfect night for the Cozy Chicken and Fixins for dinner!	28 Try reciting the monthly scripture from memory	29 Prayer with Kellie	30 Print out December's MAP	31 • Weigh In Day • Strategy Meeting	
		Notes:	 <p>Check it out! You can support our ministry by scanning our QR code with your phone's camera! It will take you directly to the giving page. We appreciate your support!!</p>			