Gratitude

Week of: **April 6**

"Gratitude turns what we have into enough"

	EIM 4/6 MONDAY	NCC 4/7 TUESDAY	EIM 4/8 WEDNESDAY	NWI 4/9 THURSDAY	EIM 4/10 FRIDAY	NCC 4/11 SATURDAY	Community Shoutouts/ NWI 4/12 SUNDAY
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	T.H.R.I.V.E. Tip	**Healthy Eating Tip:** Frozen Foods	T.H.R.I.V.E. Tip		T.H.R.I.V.E. Tip	**Healthy Eating Tip:** Family Time	
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Workout/ **NCC Netflix Party:** The Game Changers		Workout		Workout		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM		**Healthy Cooking Tip:** Canned Foods				**Easy & Healthy Recipe**	
3:00 PM							
3:30 PM							
4:00 PM	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM		**Instagram Story:** Nutrition Trivia Tuesday	Go Live		Go Live	**Instagram Story Food Fight:** Is a hotdog a sandwhich?	Go Live
8:30 PM - Later	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	***Community member shout out(**)***	