

Abundance Mindset

Week of: April 13

	EIM 4/13 MONDAY	NCC 4/14 TUESDAY	EIM 4/15 WENESDAY	NWI 4/16 THURSDAY	EIM 4/17 FRIDAY	NCC 4/18 SATURDAY	Community Shoutouts/ NWI 4/19 SUNDAY
8:00 AM							
8:30 AM	**	**	**	**	**	**	
9:00 AM	**	**	**	**	**	**	
9:30 AM	T.H.R.I.V.E. Tip	Healthy Eating Tip: H2O	T.H.R.I.V.E. Tip		T.H.R.I.V.E. Tip	Healthy Eating Tip	
10:00 AM	**	**	**	**	**	**	
10:30 AM	**	**	**	**	**	**	
11:00 AM		Technique Tuesday			Study Session Poll:		
11:30 AM	**	**	**	**	**	**	
12:00 PM	**	**	**	**	**	**	
12:30 PM	Upper Workout w/ Vito/ NCC Netflix Party: Forks Over Knives	Active Recovery w/ Kourtney	Live Workout w/ Arianne	Active Recovery w/ Dave	Lower Workout w/ Katlyn		
1:00 PM	**	**	**	**	**	**	
1:30 PM	**	**	**	**	**	**	
2:00 PM	**	**	**	**	**	**	
2:30 PM		Healthy Cooking Tip: Bulk Cooking/ Meal Prep				Easy & Healthy Recipe	
3:00 PM	**	**	**	**	**	**	
3:30 PM	**	**	**	**	**	**	
4:00 PM	**	**	**	**	**	**	
4:30 PM	**	**	**	**	**	**	
5:00 PM	**	**	**	**	**	**	
5:30 PM	**	**	**	**	**	**	
6:00 PM	**	**	**	**	**	**	
6:30 PM	FIG Poll	Instagram Story: Nutrition Trivia Tuesday	Go Live		First Fill in The Gap Session	Instagram Story Food Fight: Best way to cut a sandwich?	
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8:30 PM- Later	**	**	**	**	**	**	