

PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

TUESDAY, APRIL 14

Today's Plan of the Day highlights terrific learning and networking opportunities. Start off the day with a simple Tex-Mex Omelet and then learn how to build a workout plan with attainable goals. Find out how military youth can connect LIVE in a discussion about COVID-19. Wrap up the day under the sea by enjoying Monterey Bay Aquarium live cams.

WHAT'S COOKING?

Navy FFR's Tex-Mex Omelet and Breakfast Wrap

Directions:

Spray microwave-safe plate with cooking spray. Spread first 3 ingredients on plate. Then pour eggs over. Add salt and pepper to taste. Place in microwave and cook for approximately for 2 minutes (Note: cooking time may vary). Add remaining ingredients and enjoy! Tip for parents: plate may be hot and you may want to transfer omelet to different serving plate.

Source: Navy FFR

Ingredients:

Cooking Spray
¼ cup Green Peppers
¼ cup Onions
¼ cup Red Peppers
2 eggs beaten
Salt & Pepper
½ cup Cheese
¼ cup Salsa
1 microwave safe plate

TODAY'S FITNESS

Staying Motivated Help yourself stay motivated by setting fitness goals for yourself during this time at home. Start with a reachable goal, and once you have accomplished that goal, work on setting another. For example: x amount of push-ups in a row, x amount of miles in 20 minutes, or x amount of workouts per week. Need an accountability partner? Workout with a friend via video chat!

Source: Cortney Lanzona, NBK - Bangor Fitness Cheerleader and Yoga Meister



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FAMILY FUN UNDER THE SEA

Looking for something relaxing, entertaining, and educational? Check out the live streams from Monterey Bay Aquarium in California! There is surely something for everyone!

[Live Jelly Cam!](#), [Live Shark Cam!](#), [Live Sea Otter Cam!](#), [Live African Penguins Cam!](#)

PERSONAL ENRICHMENT

Fleet & Family Support Center offers a FREE [7-Video Podcast Series](#) on Deployment. Each podcast is 3 to 5 minutes each and perfect for a refresher or a family new to the Navy!

VIRTUAL MONTH OF THE MILITARY CHILD

As military communities across the United States and overseas continue to practice social distancing, it's more important than ever to celebrate the Month of the Military Child! Throughout the month of April, please join the celebration by posting photos to your social media platform of preference while using #VirtualMOMC and #navylifepnw. Navy CYP is providing themes for each day and they can be found on [Navy CYP](#) facebook page or [Navy MWR at Home](#).

Source: Navy CYP

MILITARY YOUTH CONNECTION

Starting at 9 a.m., Wednesday, April 15, [Military OneSource](#) will feature Bella Mollison (2019 Overseas Military Youth of the Year) and Christian Ashford (2019 Pacific Military Youth of the Year) on Facebook Live! Bella and Christian will discuss their life experiences as a military-connected youths facing the challenges of COVID-19: www.facebook.com/military.1source

Source: Navy CYP

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