




FRIDAY
MAY 15, 2020

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PLAN of the DAY


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



**Share your photos
with us this weekend!**

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Iron Anchor Challenge starts, today!



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80 squats, 80 push-ups, 80 glutes
2:00 pillar bridge
80 reverse lunge alternating

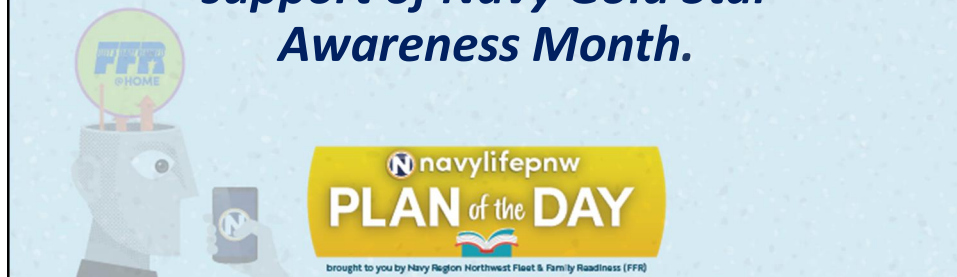


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**Share your photos
#ironanchorchallenge**



***Then set out on a bike ride in
support of Navy Gold Star
Awareness Month.***





VIRTUAL
CYCLE TO REMEMBER

UNITED STATES ARMY
GOLD STAR PROGRAM

Paying tribute to the fallen and honoring the families left behind.

Share your photos using
#navygoldstar #goldstarfamilies



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NAVY MWR
ESPORTS

PLAY. OR WATCH.
Worldwide Online Tournaments

Starts May 15

navymwr.org/esports twitch.tv/NavyMWR

Play or watch the
Madden NFL 20 Tournament

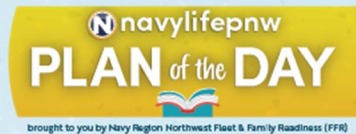


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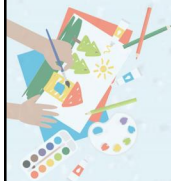
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Join us as we thank our
Naval Security Forces (NSF)
for all they do.



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For details,
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