

NAVY FAMILY PLAN of the DAY



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

THURSDAY, APRIL 2

Missed yesterday's Plan of the Day, or just want to stay up to date with the latest FFR news? Visit your installation webpage ([NAVSTA Everett](#); [NB Kitsap](#), [NAS Whidbey Island](#)) to view previous plans of the day and COVID-19 status updates on base services.

FAMILY FUN

Navy Family Pet Trick Challenge

Sit, lie down, shake high five, fetch, ring a bell for a treat, and get the mail? Who in your family can teach your family pet the best trick? Let each family member take a turn teaching the family pet (or pets) the best trick. Pick a specified training time (like every afternoon after lunch) so everyone gets an opportunity to play and establish a fun routine.

You've seen our pet tricks on Facebook, now show us yours! Be sure to hashtag and share with us: #navylifepnw

Contributed by NASWI Community Recreation

TODAY'S WORKOUT

Today's workout focuses on cardio with a brisk 40-minute walk perfect for your four-legged workout partner!)

Warmup walk– 10 minutes

Run/Walk – Alternate between 2 minutes of running and 1 minute walking. Alternate for 6 times to vary heart rate.

Cool down walk – 10 minutes

Burpees – Finish the workout with a set of 5 burpees for a quick functional strength exercise.

Contributed by Alicia Armer, NASWI Fitness Center



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You can find these and other podcasts on our websites at [NS Everett](#), [NB Kitsap](#), and at [NAS Whidbey Island](#). You can navigate from any webpage by hovering over SUPPORT PROGRAMS and selecting "Support Podcasts" from the Fleet & Family Support Center dropdown.

Contributed by Region Northwest Fleet & Family Support

WHAT'S COOKING?

Easy Honey Mustard Pork Chops

How about a delicious 5-ingredient fix pork chop?

Directions: Mix honey and mustard together in a bowl until thoroughly combined. Set aside. Heat butter in a skillet over medium-high heat and lay pork chops into the hot butter. Sprinkle chops with half the garlic powder and cook until browned, about 3 minutes. Turn chops over, sprinkle with remaining garlic powder, and pan-fry chops for additional 3 minutes.

Brush honey mustard sauce over chops and cook sauce side down for 5 minutes. Flip and

brush remaining side with honey mustard sauce. Cook until an instant-read meat thermometer reads 165 degrees F; about 5 more minutes.

Ingredients:

1/4 cup of honey
2 tbsp mustard
1 tbsp butter
1-1/2 pounds center-cut boneless pork chops (1/2-inch thick)
Garlic powder to taste

Source: [AllRecipes.com](#)

HELPFUL RESOURCES

A few great resources from our friends at the Region Public Affairs Office:

- [CDC tips for work and home](#)
- [CDC cleaning & disinfecting recommendations](#)
- [Tricare Coronavirus FAQs](#)

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