

NAVY FAMILY PLAN of the DAY



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

TUESDAY, MARCH 31

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.

TODAY'S WORKOUT

Forearm plank to full plank

30 seconds

Running planks

30 seconds

Full body crunches

30 seconds

Pike & extend

30 seconds

3 sets each:

10 Crouching tiger

push ups

15 straight arm fine tuning work

20 squats w/ chest opener

15 bicycles

15 reverse crunches

20-second plank hold (left & right)

10 Burpees

Contributed by Alicia Armer, NASWI Fitness Center

WHAT'S COOKING?

Taco Cups

Who doesn't love Taco Tuesday? Enjoy this simple twist on homemade tacos to bring some pizzazz to your usual Mexican night.

Directions: Preheat oven to 350°. Grease muffin pan with cooking spray. Stamp out tortillas with a 4" biscuit cutter. Place a tortilla into each cup of muffin pan, folding the edges if necessary. Set aside. In a large skillet over medium heat, heat oil. Add onion and cook until softened, about 5 minutes. Add ground beef, breaking up the meat with a wooden spoon. Season with taco seasoning, salt, and pepper and cook until the meat is no longer pink, about 6 minutes. Drain fat.

Spoon cooked beef mixture into each tortillas, then top with shredded cheddar. Bake until the tortillas are golden around the edges and the cheese has melted, about 10 minutes. Garnish with tomatoes, cheese, lettuce and sour cream.

Ingredients:

12 tortillas
1 tbsp. olive oil
½ onion, chopped
1 lb. ground beef
2 tsp. taco seasoning
Kosher salt, freshly ground pepper
1 cup chopped cherry tomatoes
2 cups shredded cheddar
1 cup shredded lettuce
Sour cream, for drizzling

Source: [Delish.com](#)



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FAMILY FUN

Family Performance Night

No need for a mic, just grab the YouTube channel and perform along with your favorite artist. Parents, this is your chance to teach the kids about the classics from your youth. Enhance with evening with outfits inspired by your favorite artists. Grab clothes from your closet to see who can dress most like their favorite performer.

Contributed by NASWI MWR Community Recreation

TAKE CARE OF YOURSELF

Speak with a Chaplain

If you would like to speak confidentially with a Chaplain or just want to talk about how your life is going right now, contact CREDO. They are available on Facebook at [@CREDO.Northwest](https://www.facebook.com/CREDO.Northwest), via email at CREDO@navy.mil, or you can call and leave a message at [360-396-2956](tel:360-396-2956). One of the Chaplains will be in touch with you shortly.

Contributed by Credo Northwest

FFSC Webinar: Bringing the classroom to you!

Interview Types and Dressing For Them | 2-3 p.m., Tuesday, March 31

Don't forget to join the webinar this afternoon to explore the various types of interviews, how to prepare, and best practices to make a great first impression.

Join us: https://zoom.us/webinar/register/WN_BCOeXRlyQhyA6lyXt8iFaQ

Contributed by NASWI Fleet & Family Support

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