Identity: Self-Care, Self-Awareness, Knowing Self

- Tues March 16/BLC: Connecting as Girls on the Run Team
- Friday March 19/Zoom: Choosing to be a Girls on the Run Team
- Tues March 23/BLC: Star Power
- Friday March 26/Zoom: Your Star
- Tues March 30/BLC: Self-Talk
- Tues April 6/BLC: BeYOUtiful
- Fri April 9/ZOOM: Expressing our Emotions

Connectedness: Selecting Healthy Relationships

- Tues April 13/BLC: Choosing Friends
- Fri April 16/Zoom: Resolving Conflict
- Tues April 20/BLC: Standing up for Others

Empowerment: Celebrating and Sharing Our Strengths

- Fri April 23/Zoom: Compromise (Brainstorming Community Impact Project)
- Tues April 27/BLC: Practice 5k
- Thurs April 29/Zoom: Our Strengths (Planning Community Impact Project)
- Tues May 4/BLC: Using our Star Power (Implementing the Community Impact Project)
- Fri May 7/Zoom: GOTR Toolbox + Final Celebration