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

- Thurs Feb 24: Becoming a Girls on the Run Team
- Mon Feb 28: Choosing to be a Girls on the Run Team
- Thurs March 3: Star Power
- NO GOTR MSU SPRING BREAK MARCH 7 and 10
- Mon March 14: Self-Talk Matters
- Thurs March 17: Finding Balance
- Mon March 21: Exploring Emotions
- NO GOTR NO SCHOOL MARCH 24
- Mon March 28: Stop and take a BrThRR

Connectedness: Selecting Healthy Relationships

- Thurs March 31: Empathy
- Mon April 4: Choosing Friends
- Thurs April 7: Communicating with Others

Empowerment: Celebrating and Sharing Our Strengths

- Mon April 11: How We Help
- Thurs April 14: Compromise (Brainstorming Community Impact Project)
- Mon April 18: Practice 5K
- Thurs April 21: Our Strengths (Planning Community Impact Project)
- Mon April 25: Using our Star Power (Implementing the Community Impact Project)
- Thurs April 28: GOTR Toolbox + Final Celebration