



2024



January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
						30

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2023

December



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

GOALS

26

SUNDAY

27

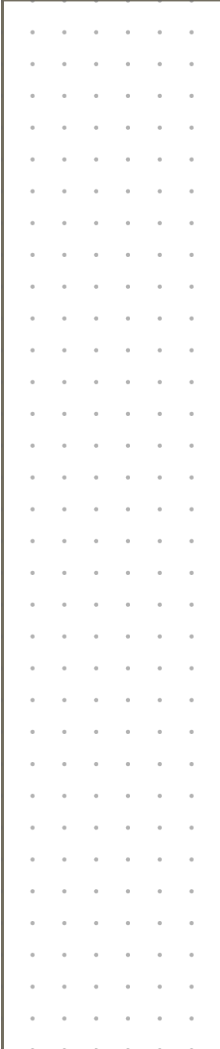
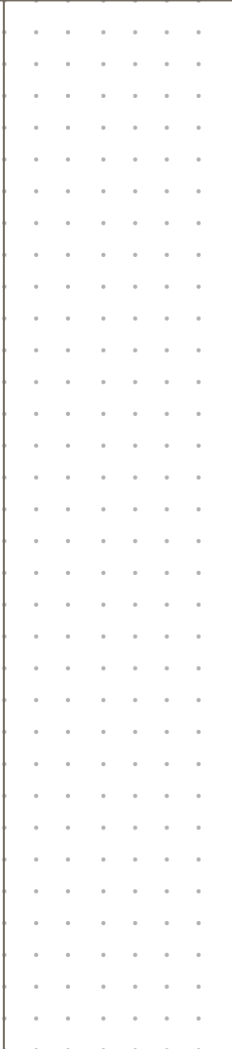
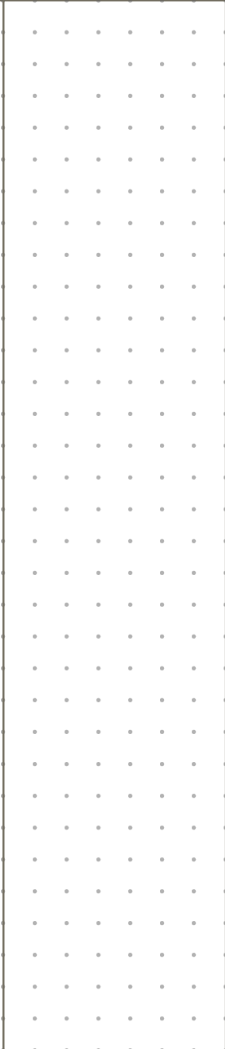
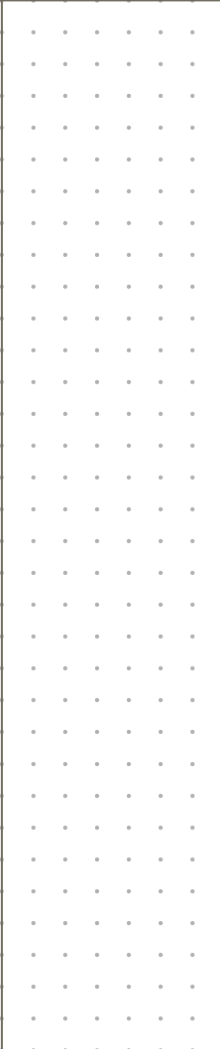
MONDAY

28

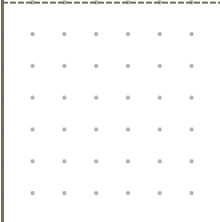
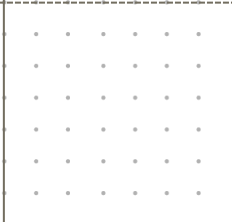

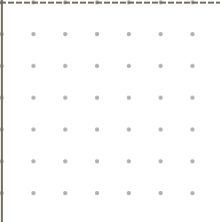
TUESDAY

29

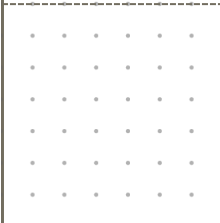
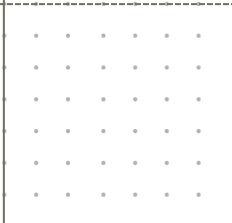

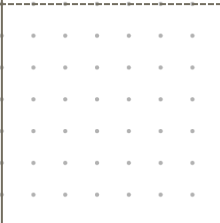
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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30

THURSDAY



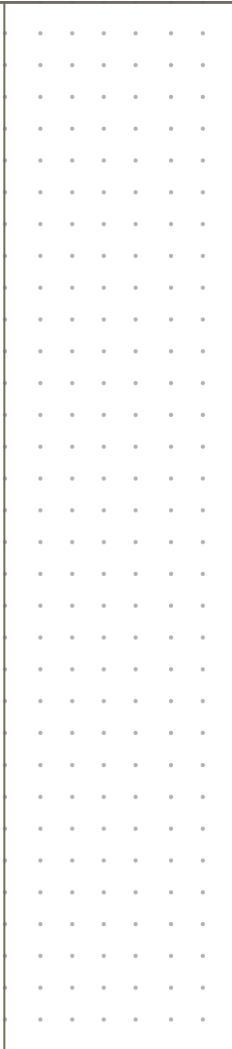
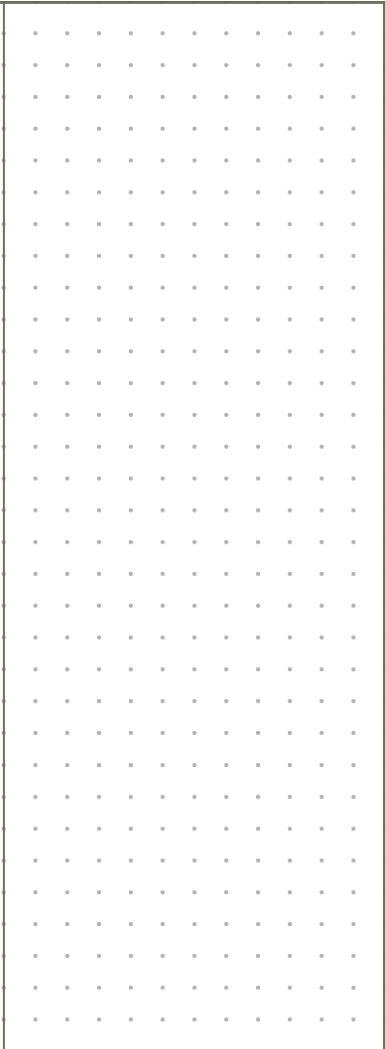
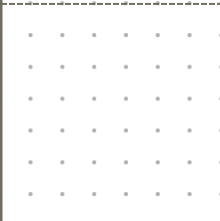
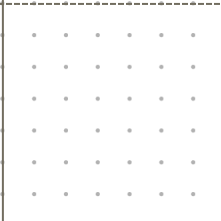
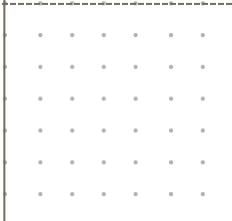

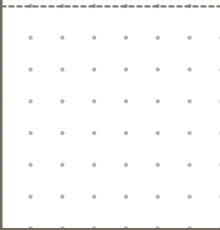
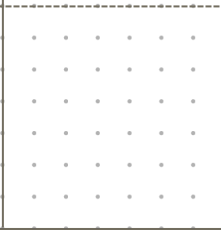
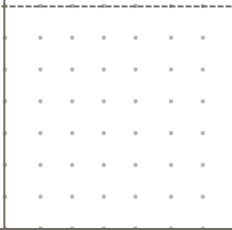
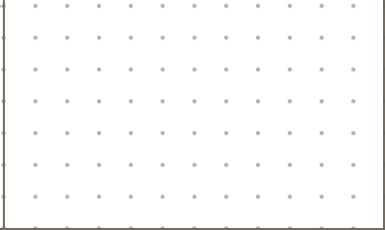
1

FRIDAY

2

SATURDAY

NOTES

7

THURSDAY

8

FRIDAY

9

SATURDAY

NOTES

14

THURSDAY

15

FRIDAY

16

SATURDAY

NOTES

21

THURSDAY



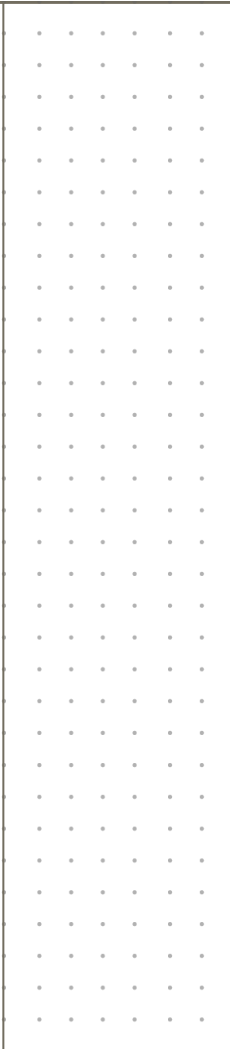
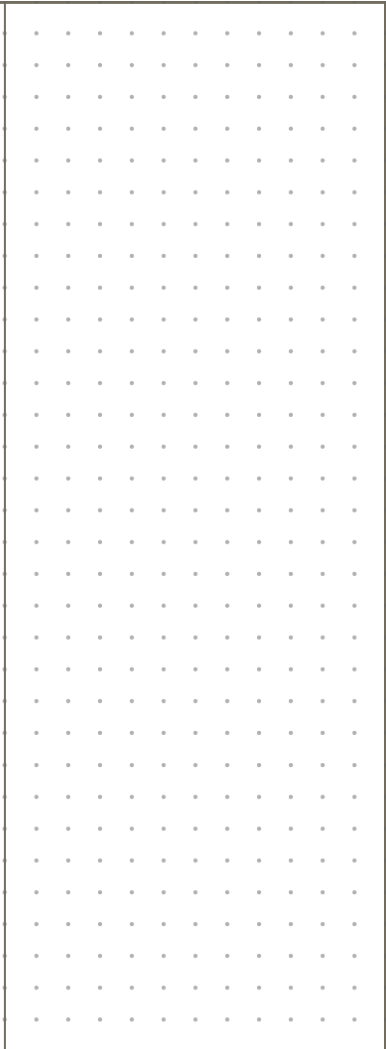
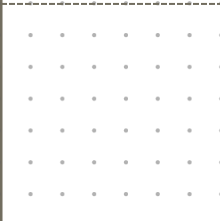
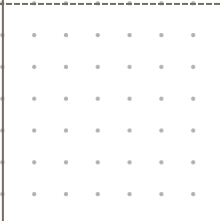
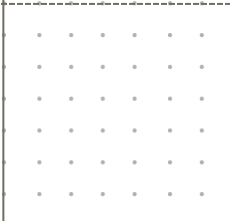

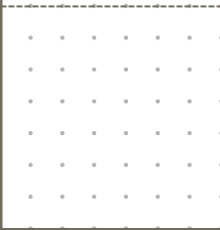
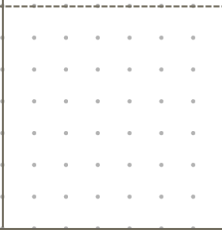
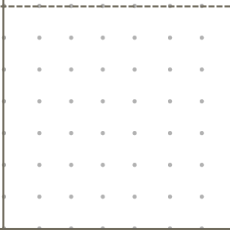
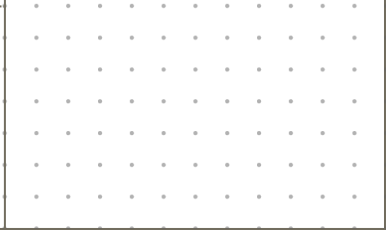
22

FRIDAY

23

SATURDAY

NOTES

28

THURSDAY



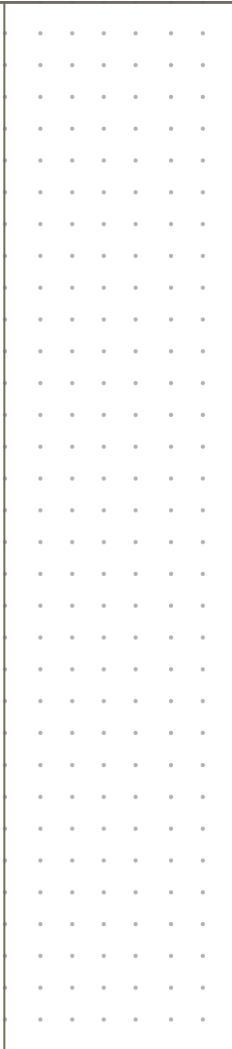
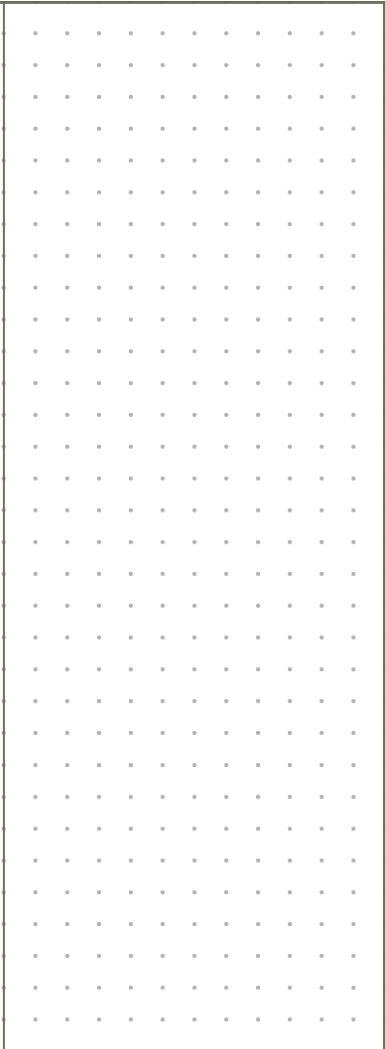
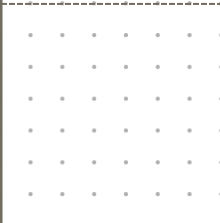
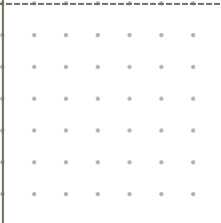
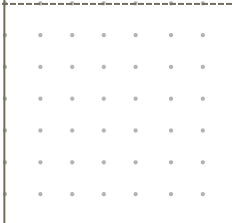



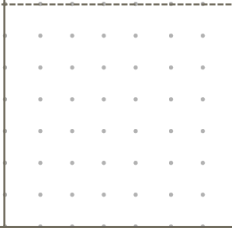

29

FRIDAY

30

SATURDAY

NOTES

January



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

GOALS

4

THURSDAY



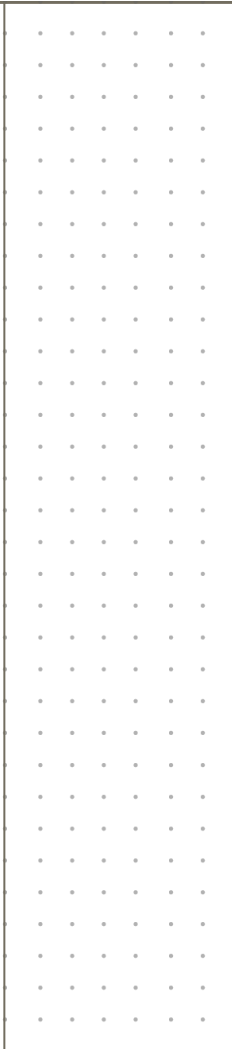
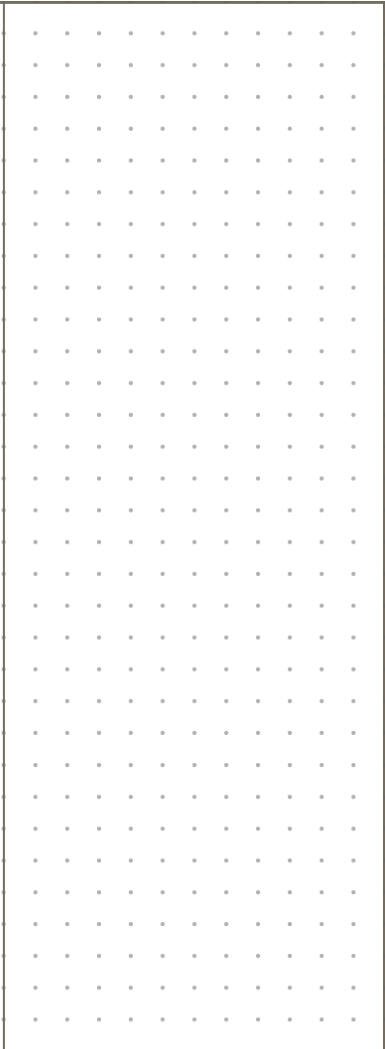
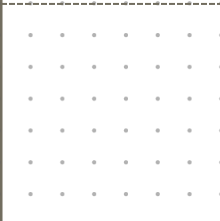
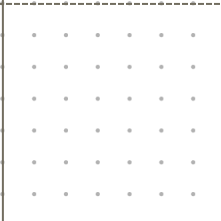
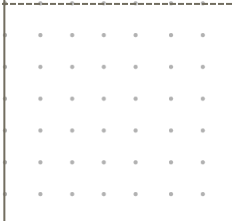

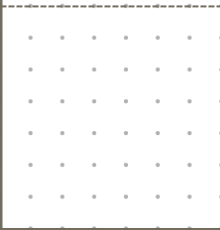
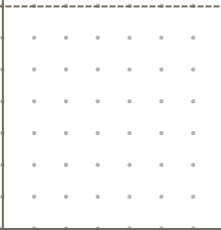
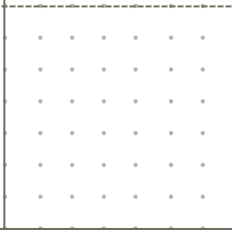
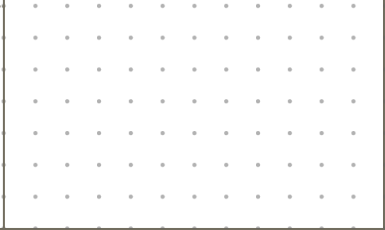
5

FRIDAY

6

SATURDAY

NOTES

11

THURSDAY

12

FRIDAY

13

SATURDAY

NOTES

14

SUNDAY

15

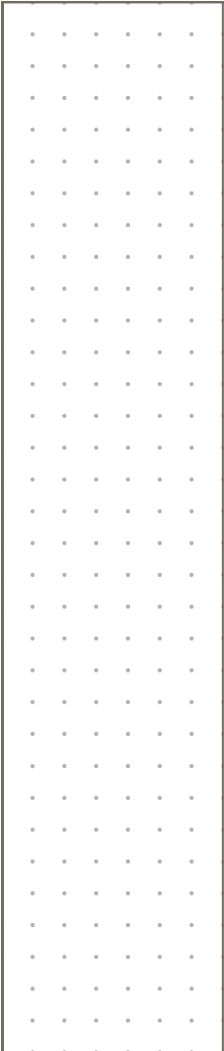
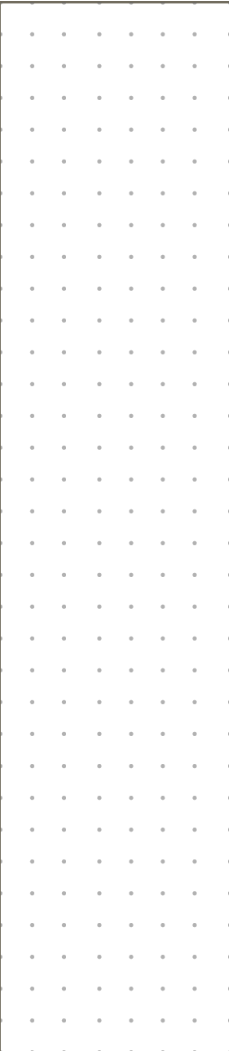
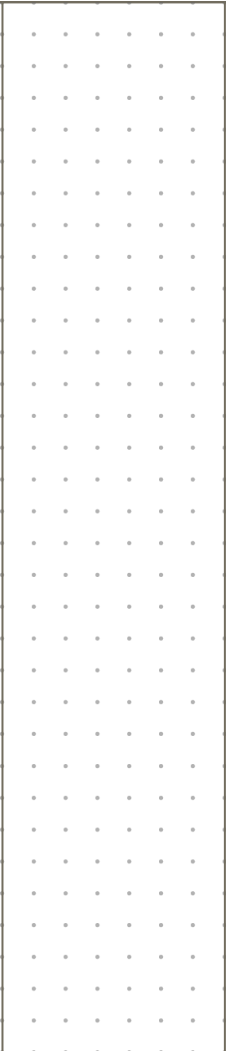
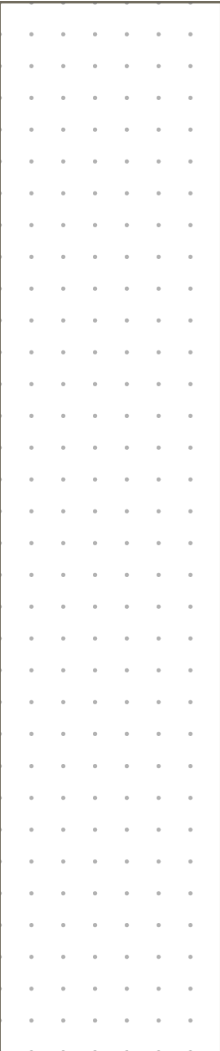
MONDAY

16

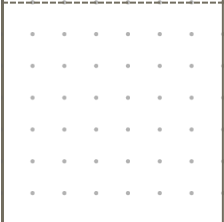
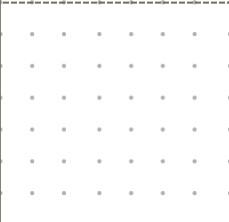
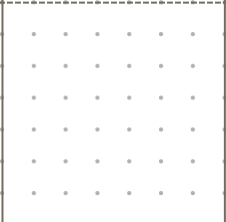
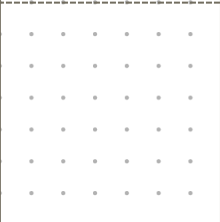
TUESDAY

17

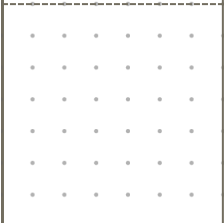
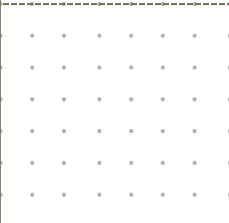
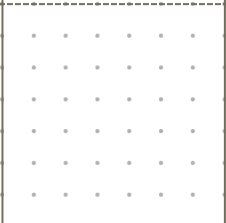

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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18

THURSDAY

19

FRIDAY

20

SATURDAY

NOTES

21

SUNDAY

22

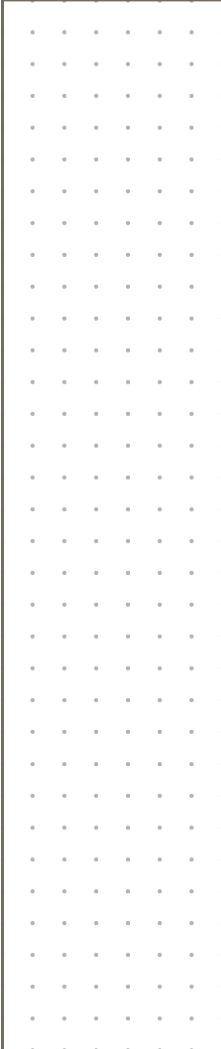
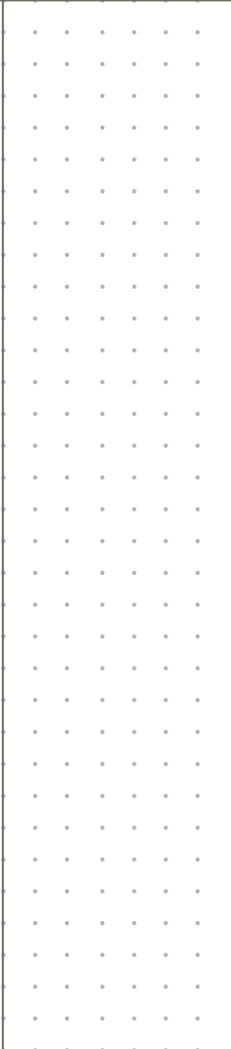


MONDAY

23

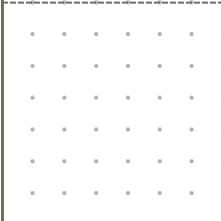
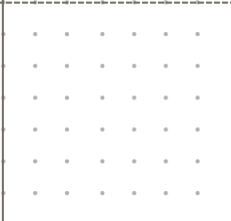
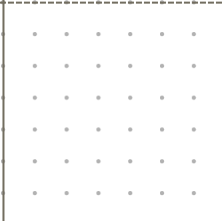
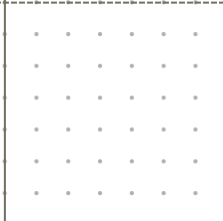
TUESDAY

24

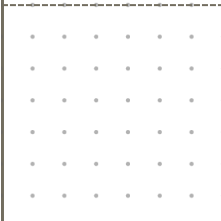
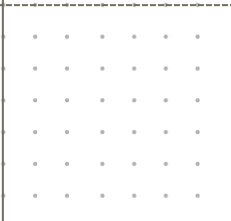
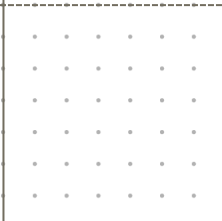
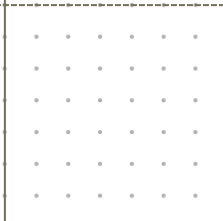
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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25

THURSDAY

26

FRIDAY

27

SATURDAY

NOTES

28

SUNDAY

29

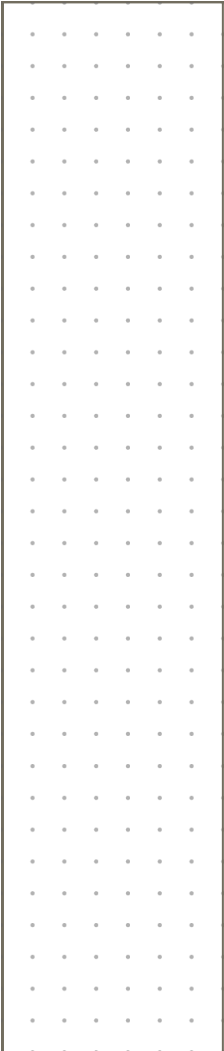
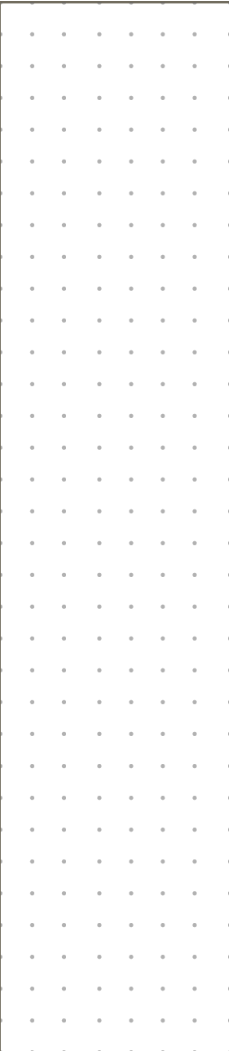
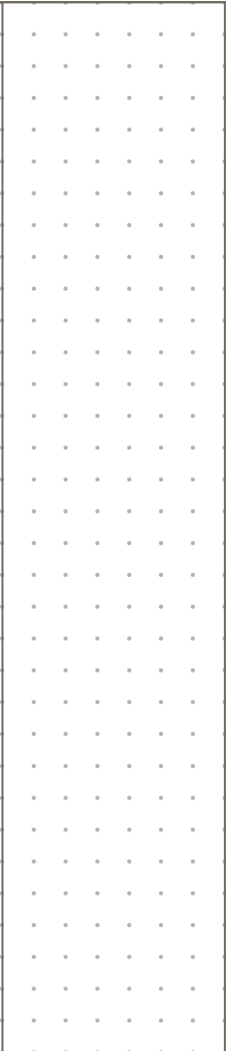

MONDAY

30

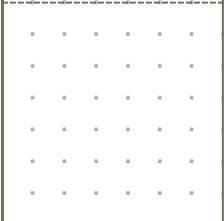
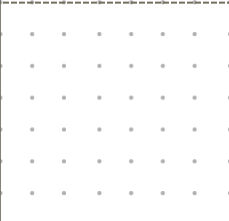


TUESDAY

31

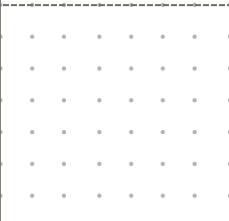
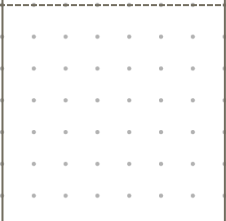
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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1

THURSDAY



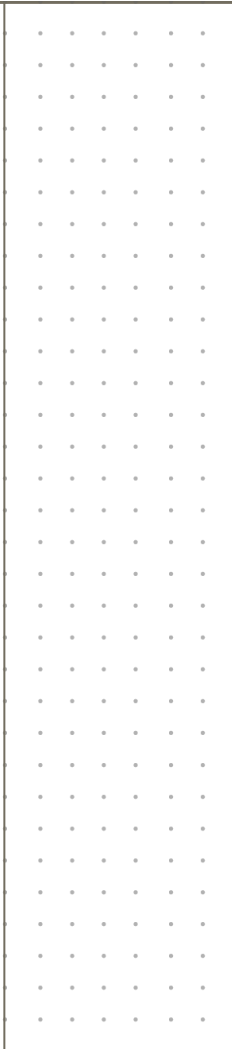
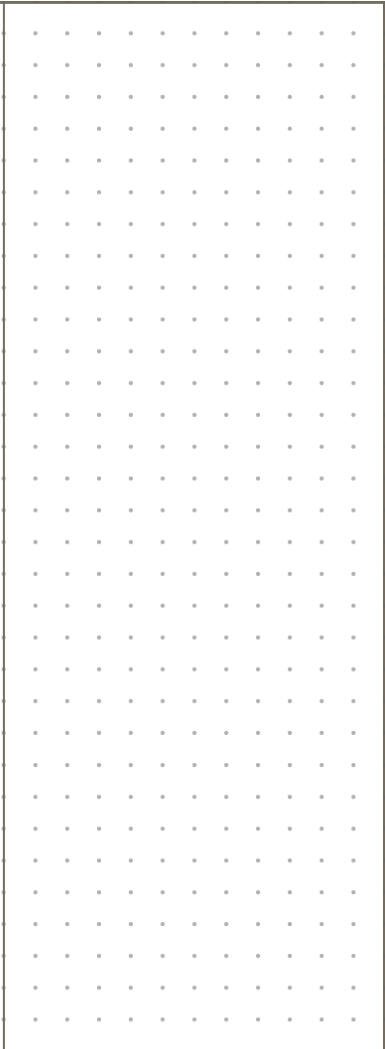
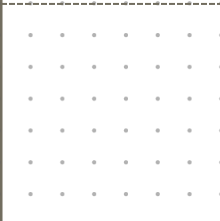
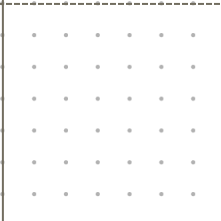
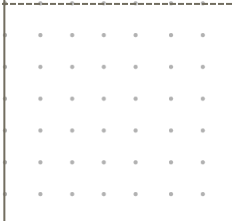

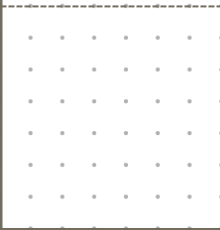
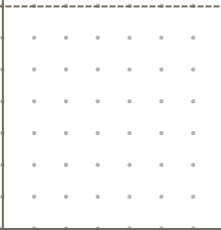
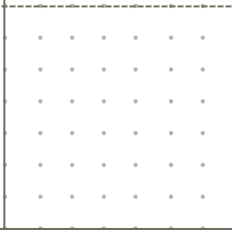
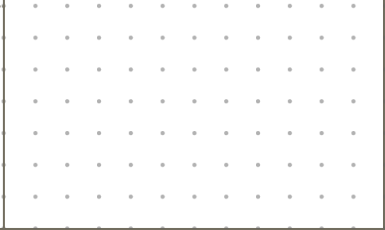
2

FRIDAY

3

SATURDAY

NOTES

February



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2

GOALS

8

THURSDAY

9

FRIDAY

10

SATURDAY

NOTES

15

THURSDAY

16

FRIDAY

17

SATURDAY

NOTES

18

SUNDAY

19

MONDAY

20

TUESDAY

21

WEDNESDAY

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WORKOUT

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RUN

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22

THURSDAY

23

FRIDAY

24

SATURDAY

NOTES

25

SUNDAY

26

MONDAY

27

TUESDAY

28

WEDNESDAY

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WORKOUT

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RUN

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29

THURSDAY

1

FRIDAY

2

SATURDAY

NOTES

March



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

GOALS

3

SUNDAY

4

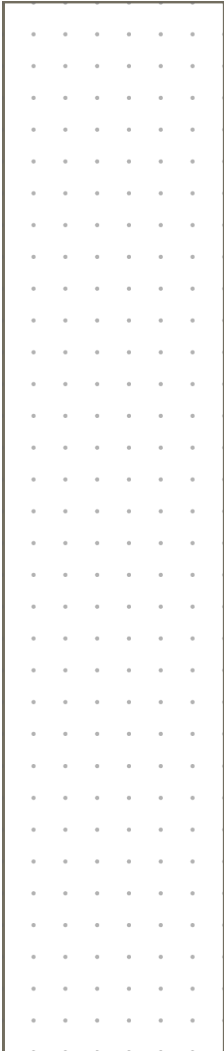
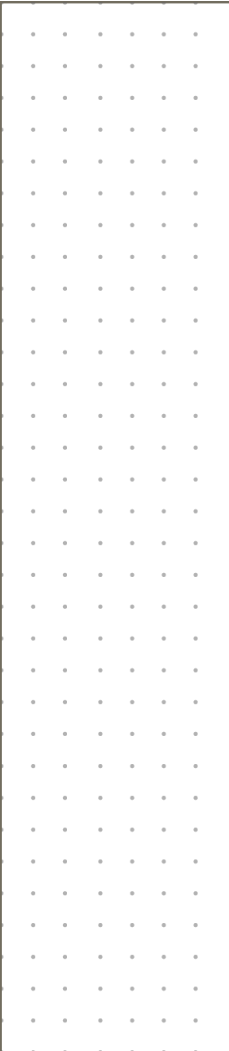
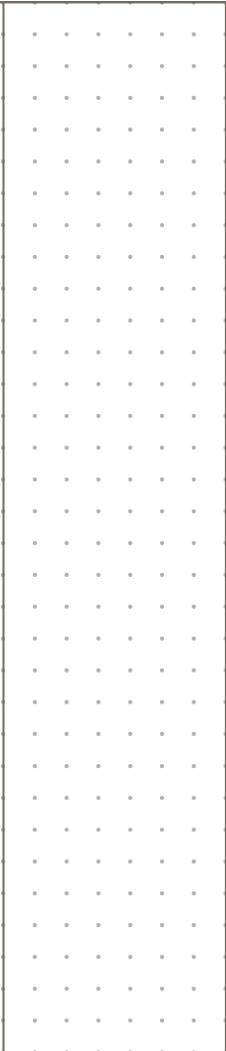
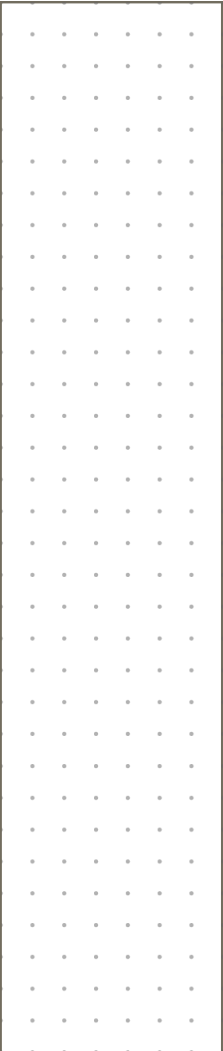
MONDAY

5

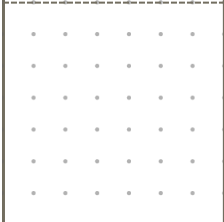
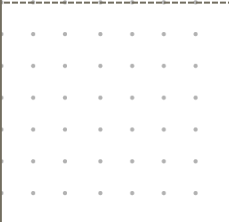

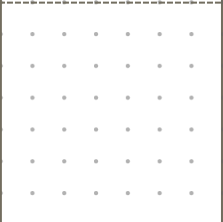
TUESDAY

6

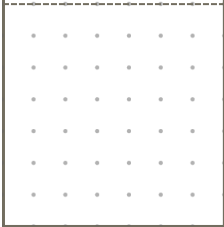
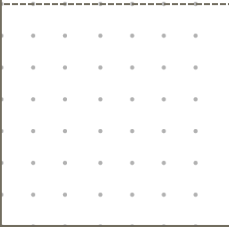

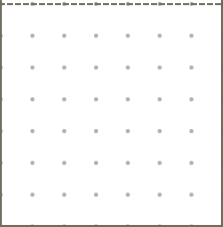
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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7

THURSDAY

8

FRIDAY

9

SATURDAY

NOTES

14

THURSDAY

15

FRIDAY

16

SATURDAY

NOTES

17

SUNDAY

18


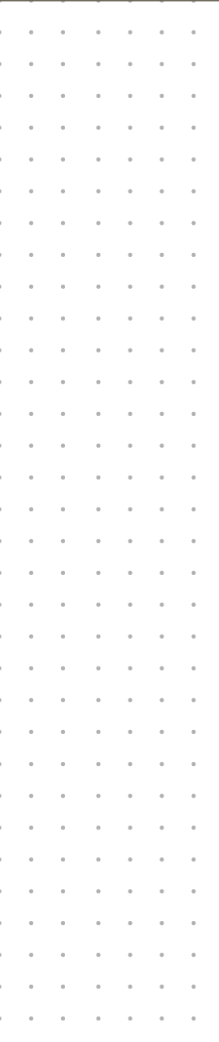
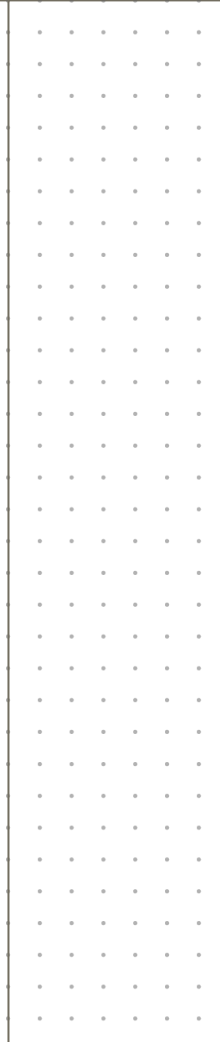
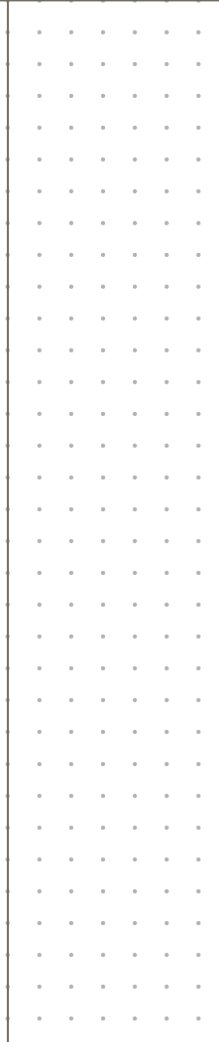
MONDAY

10

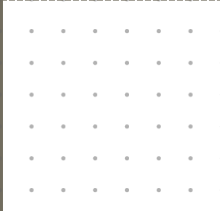
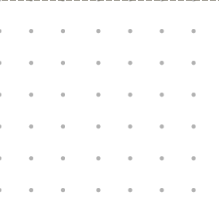
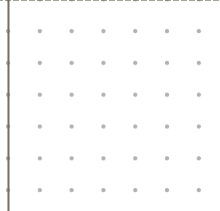
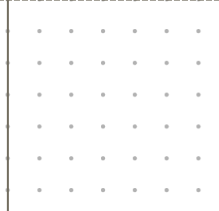
TUESDAY

20

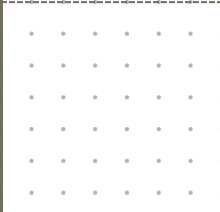
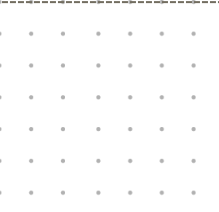
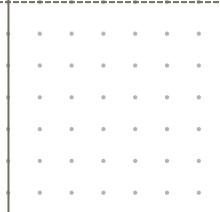
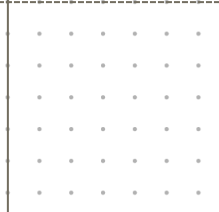
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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21

THURSDAY

33

FRIDAY

23

SATURDAY

NOTES

24

SUNDAY

25

MONDAY

26

TUESDAY

27

WEDNESDAY

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WORKOUT

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RUN

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28

THURSDAY

29

FRIDAY

30

SATURDAY

NOTES

April



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

GOALS
