

4

THURSDAY



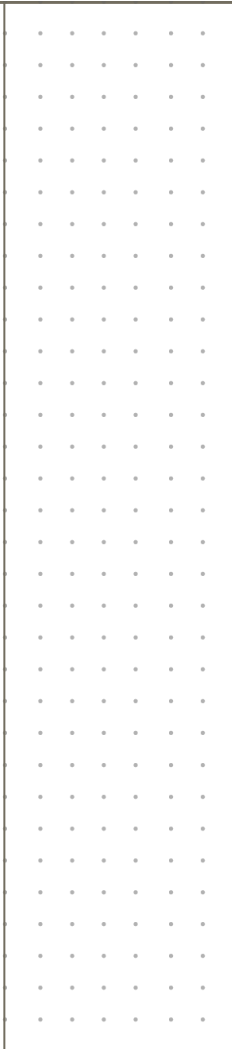
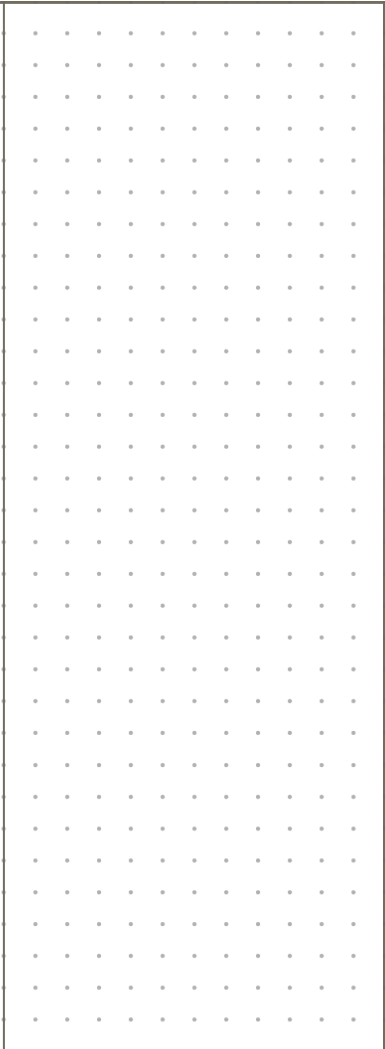
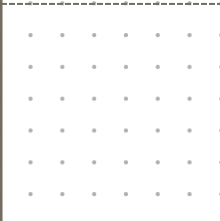
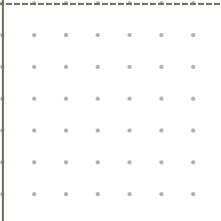
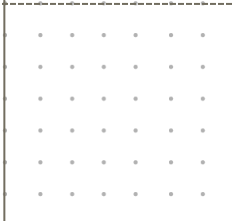

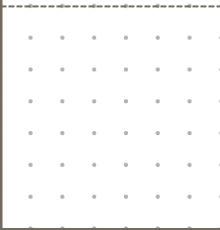
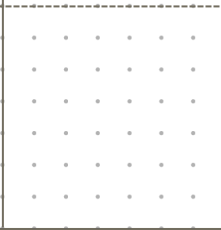
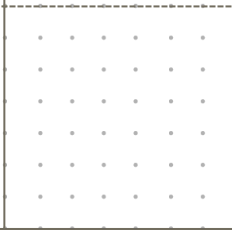
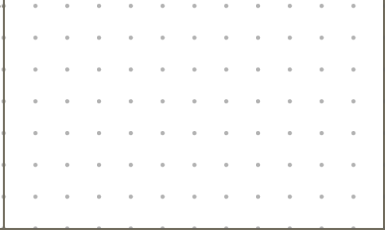
5

FRIDAY

6

SATURDAY

NOTES

11

THURSDAY

12

FRIDAY

13

SATURDAY

NOTES

18

THURSDAY

19

FRIDAY

20

SATURDAY

NOTES

25

THURSDAY



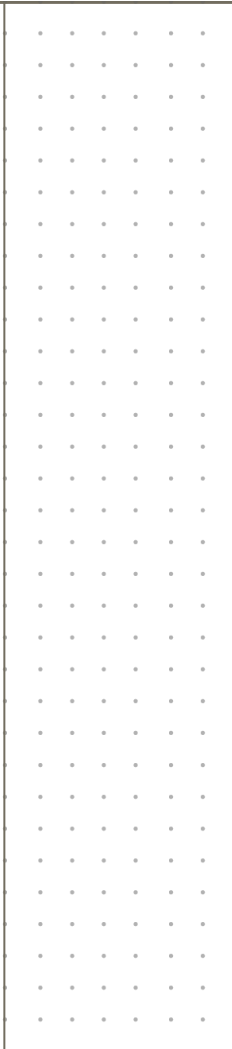
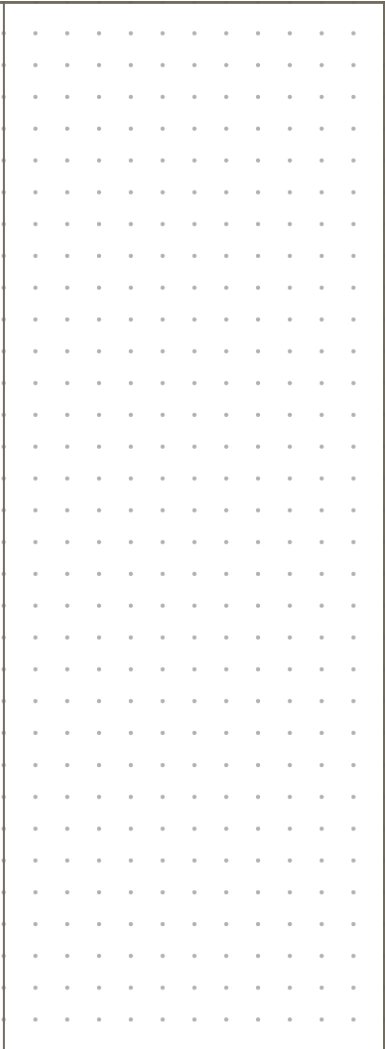
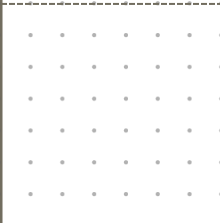
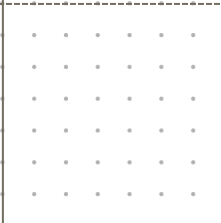
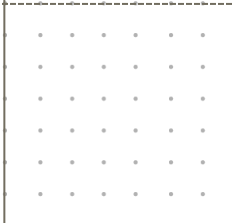



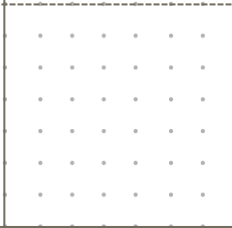

26

FRIDAY

27

SATURDAY

NOTES

May



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

GOALS

28
SUNDAY

29
MONDAY

30
TUESDAY

1
WEDNESDAY

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WORKOUT

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RUN

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2

THURSDAY



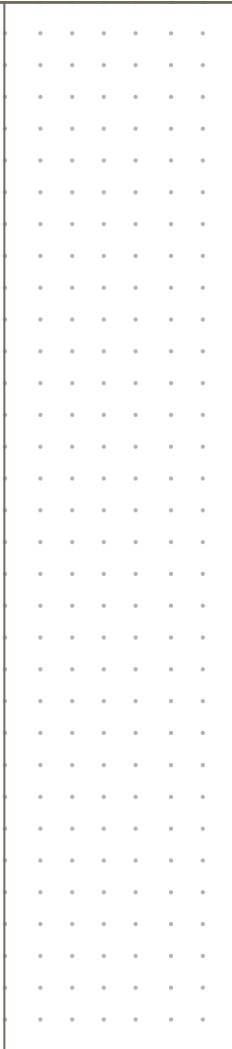
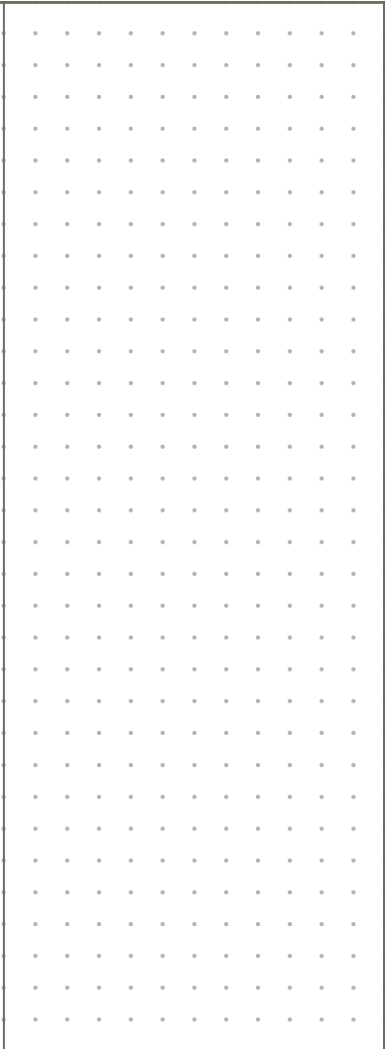
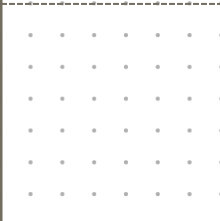
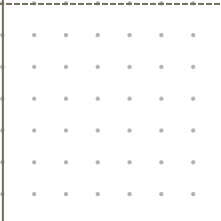
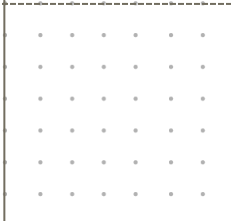

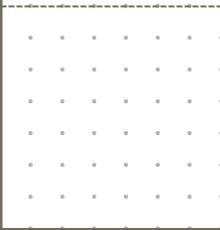
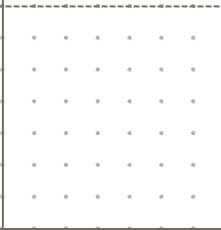
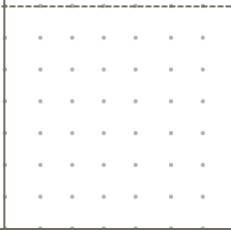
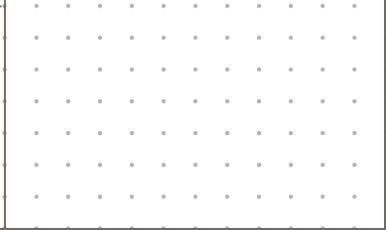
3

FRIDAY

4

SATURDAY

NOTES

5

SUNDAY

6

MONDAY

7

TUESDAY

8

WEDNESDAY

	<p>Grid of dots for SUNDAY</p>	<p>Grid of dots for MONDAY</p>	<p>Grid of dots for TUESDAY</p>	<p>Grid of dots for WEDNESDAY</p>
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WORKOUT

	<p>Grid of dots for SUNDAY (Workout)</p>	<p>Grid of dots for MONDAY (Workout)</p>	<p>Grid of dots for TUESDAY (Workout)</p>	<p>Grid of dots for WEDNESDAY (Workout)</p>
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RUN

	<p>Grid of dots for SUNDAY (Run)</p>	<p>Grid of dots for MONDAY (Run)</p>	<p>Grid of dots for TUESDAY (Run)</p>	<p>Grid of dots for WEDNESDAY (Run)</p>
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9

THURSDAY

10

FRIDAY

11

SATURDAY

NOTES

12

SUNDAY

13

MONDAY

14

TUESDAY

15

WEDNESDAY

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WORKOUT

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RUN

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16

THURSDAY

17

FRIDAY

18

SATURDAY

NOTES

19

SUNDAY

20

MONDAY

21

TUESDAY

22

WEDNESDAY

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WORKOUT

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RUN

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23

THURSDAY

24

FRIDAY

25

SATURDAY

NOTES

26

SUNDAY

27

MONDAY

28

TUESDAY

29

WEDNESDAY

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WORKOUT

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RUN

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30

THURSDAY

31

FRIDAY

1

SATURDAY

NOTES

June



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	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
30	1	2	3	4	5	6

GOALS

6

THURSDAY



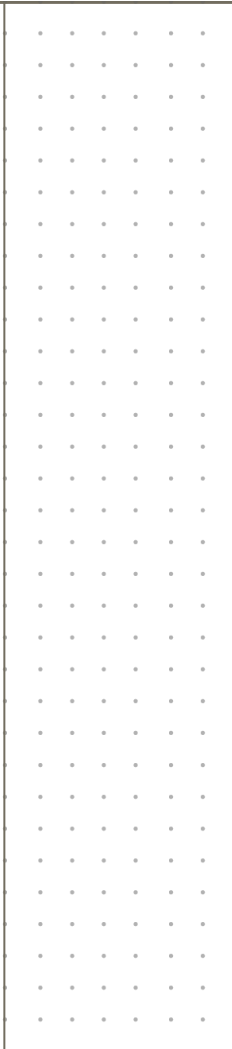
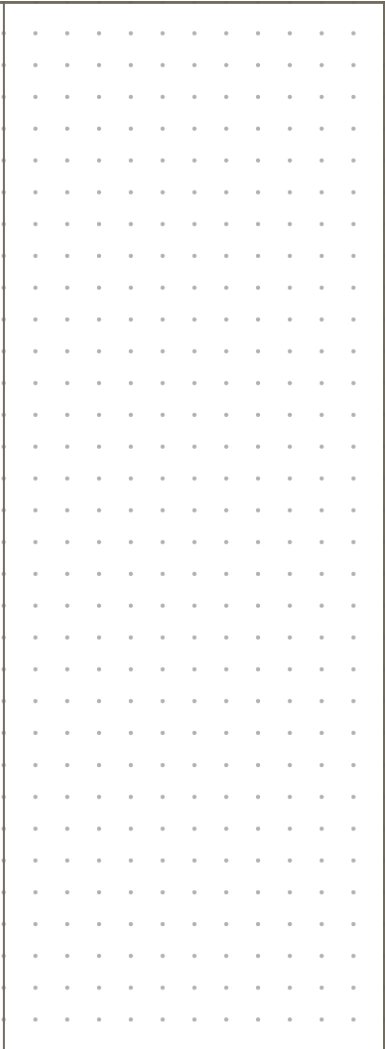
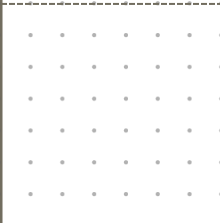
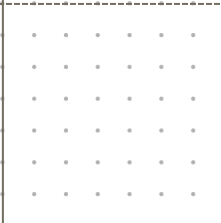
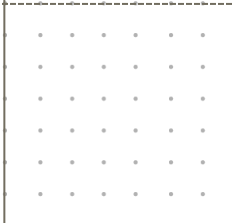



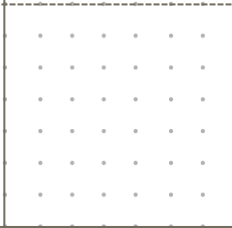

7

FRIDAY

8

SATURDAY

NOTES

13

THURSDAY

14

FRIDAY

15

SATURDAY

NOTES

20

THURSDAY

21

FRIDAY

22

SATURDAY

NOTES

23

SUNDAY

24

MONDAY

25

TUESDAY

26

WEDNESDAY

WORKOUT				
RUN				

27

THURSDAY

28

FRIDAY

29

SATURDAY

NOTES

July



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

GOALS

4

THURSDAY

5

FRIDAY

6

SATURDAY

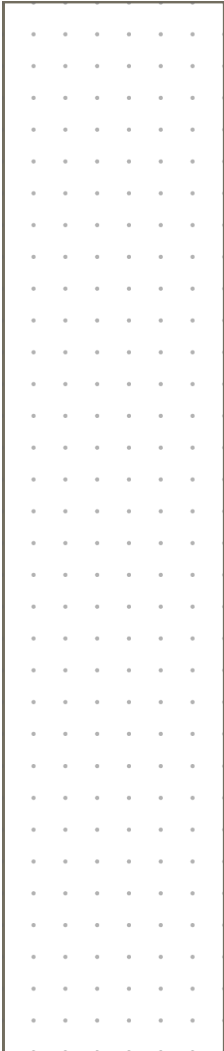
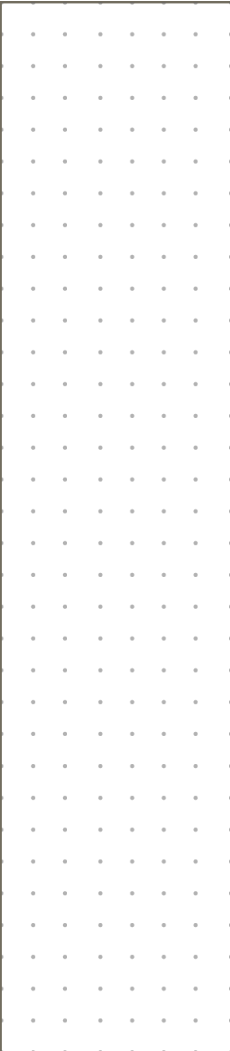

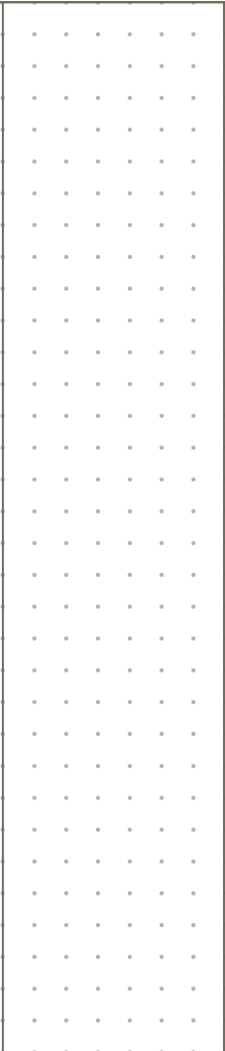
NOTES

7
SUNDAY


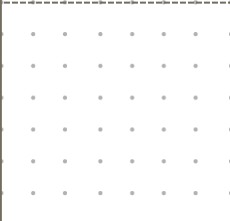
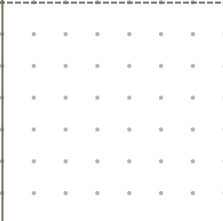

8
MONDAY

9
TUESDAY

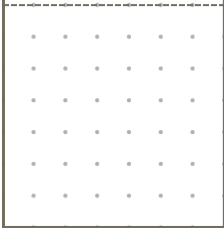
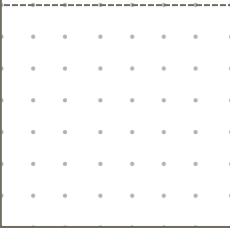

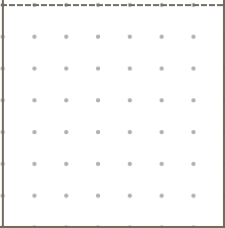
10
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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11

THURSDAY

12

FRIDAY

13

SATURDAY

NOTES

18

THURSDAY

19

FRIDAY

20

SATURDAY

NOTES

21

SUNDAY

22

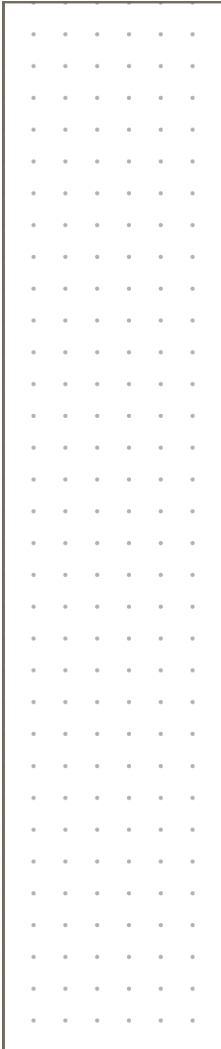
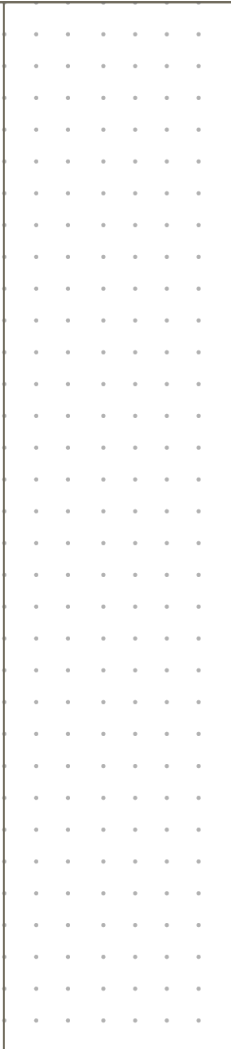
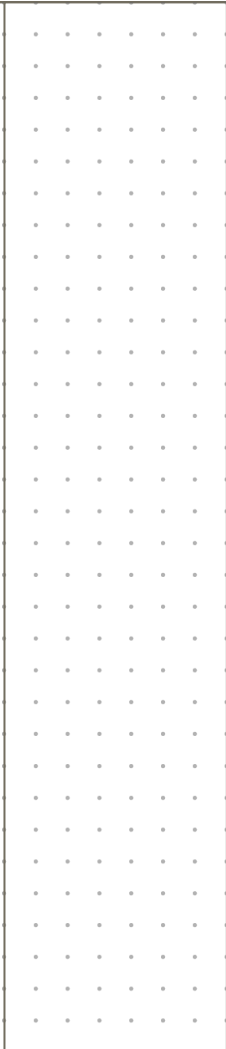

MONDAY

23

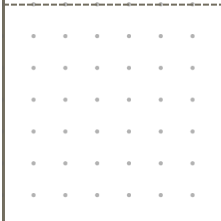
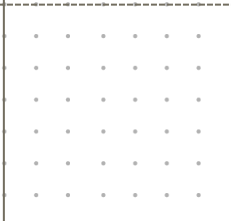
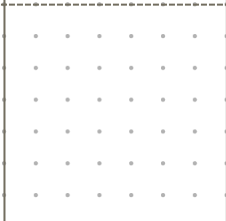
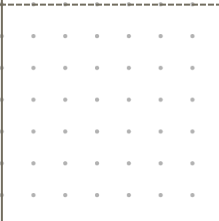
TUESDAY

24

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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25

THURSDAY

26

FRIDAY

27

SATURDAY

NOTES

1

THURSDAY



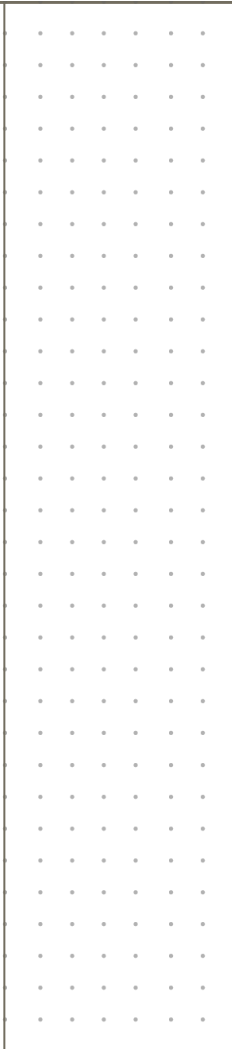
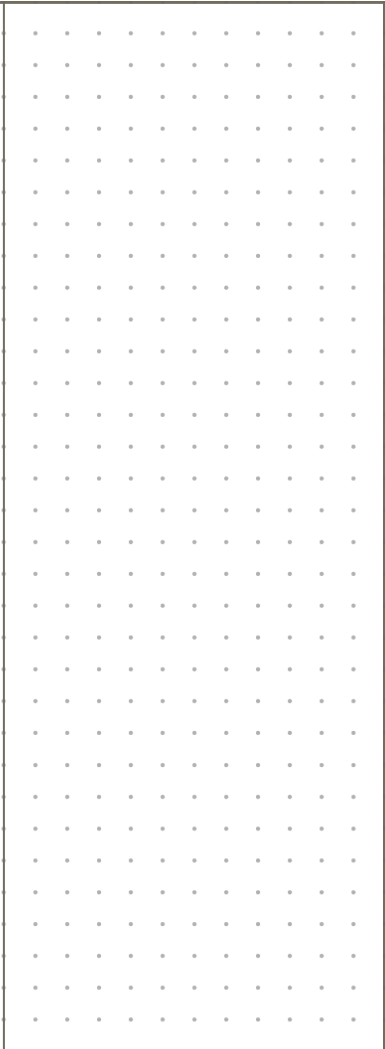
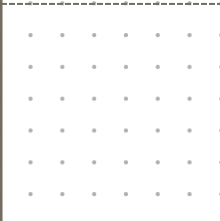
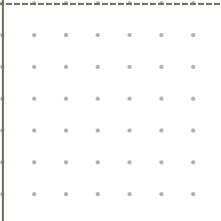
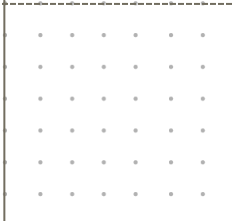

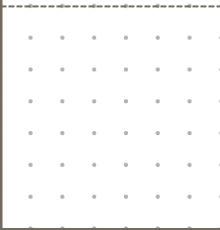
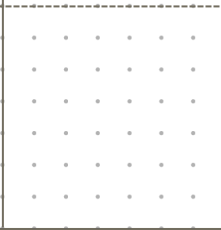
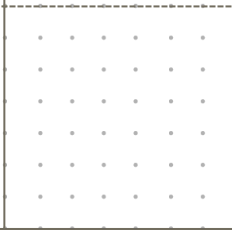
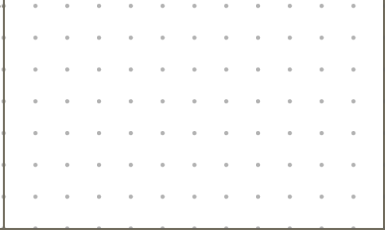
2

FRIDAY

3

SATURDAY

NOTES

August



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	30	31

GOALS

4

SUNDAY

5

MONDAY

6

TUESDAY

7

WEDNESDAY

WORKOUT

RUN

8

THURSDAY



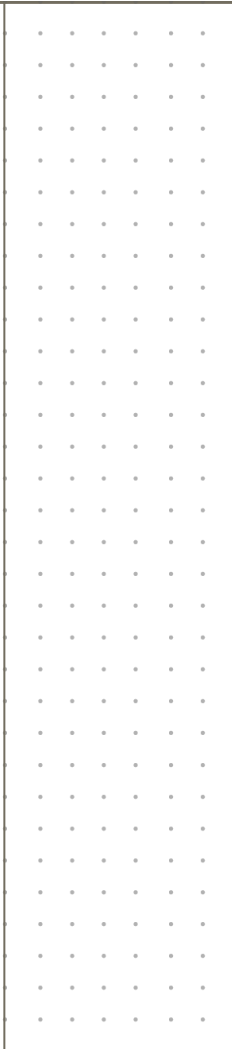
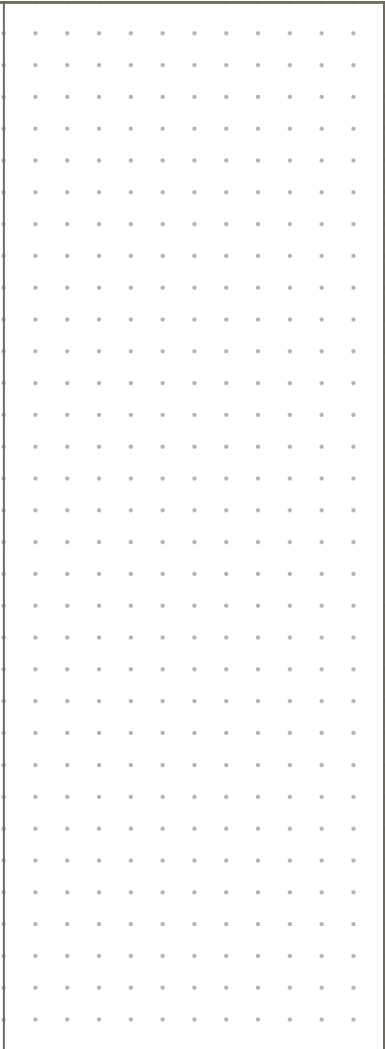
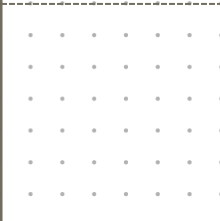
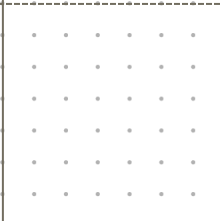
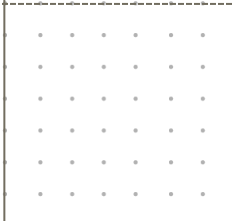



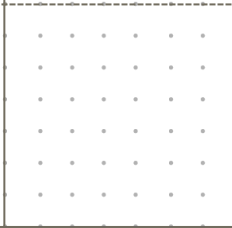

9

FRIDAY

10

SATURDAY

NOTES

15

THURSDAY

16

FRIDAY

17

SATURDAY

NOTES

18

SUNDAY

19

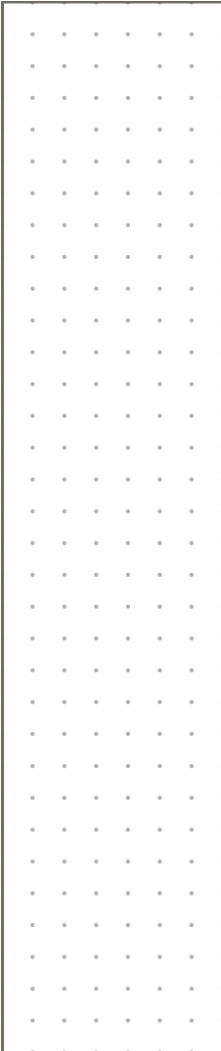
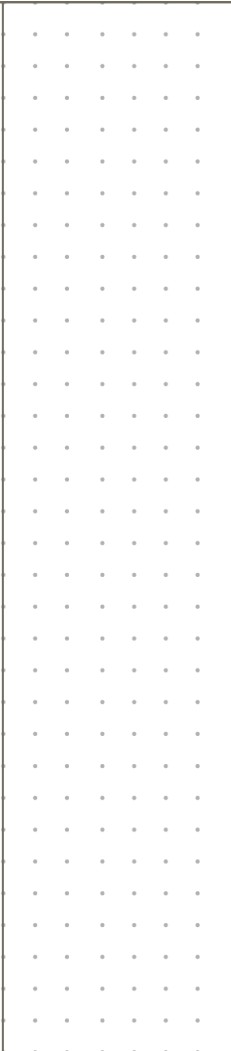


MONDAY

20

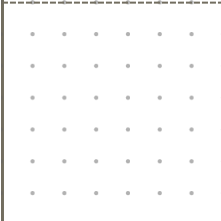
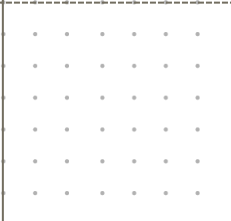
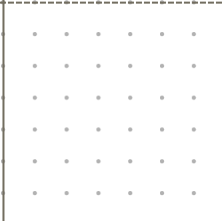
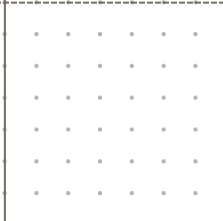
TUESDAY

21

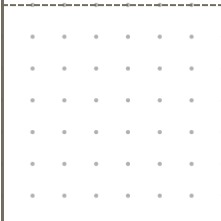
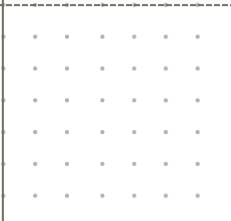
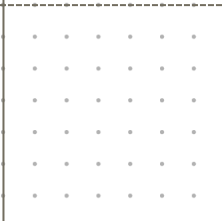
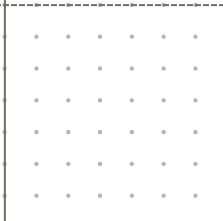
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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