

22

THURSDAY

23

FRIDAY

24

SATURDAY

NOTES

29

THURSDAY

30

FRIDAY

31

SATURDAY

NOTES

September



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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

GOALS

5

THURSDAY

6

FRIDAY

7

SATURDAY

NOTES

12

THURSDAY

13

FRIDAY

14

SATURDAY

NOTES

19

THURSDAY

20

FRIDAY

21

SATURDAY

NOTES

26

THURSDAY



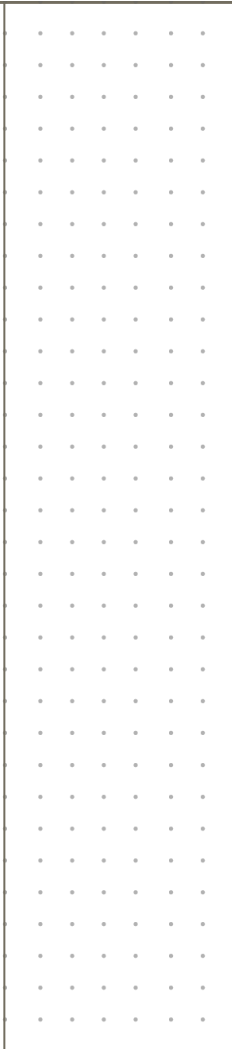
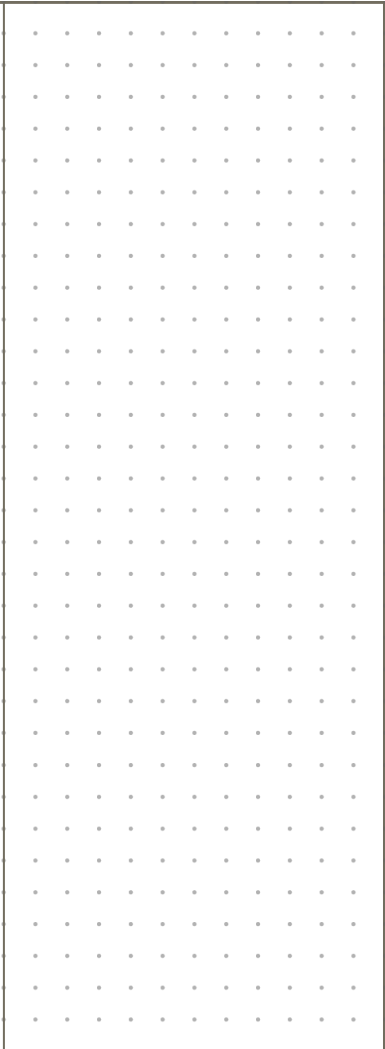
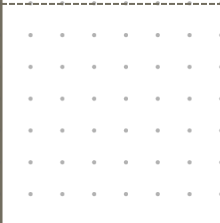
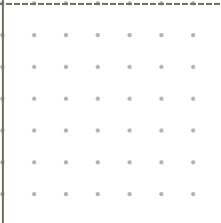
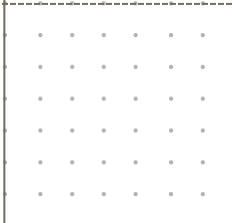



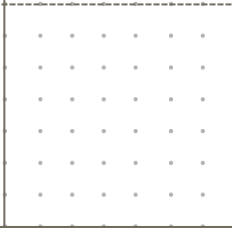

27

FRIDAY

28

SATURDAY

NOTES

October



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

GOALS

29

SUNDAY

30

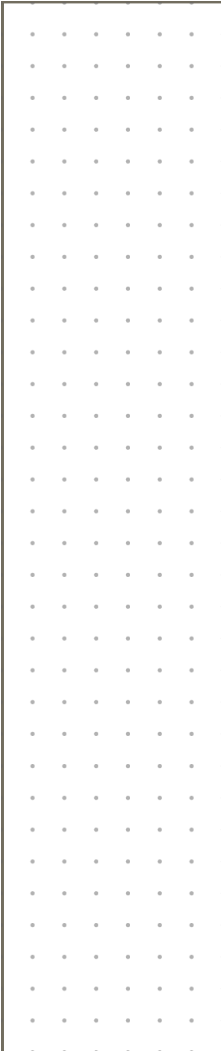
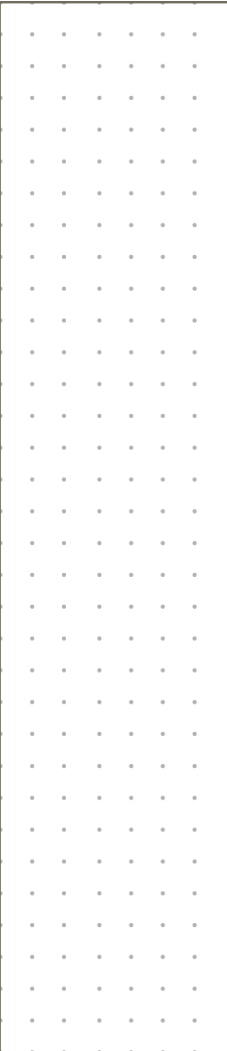


MONDAY

1

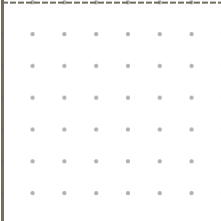
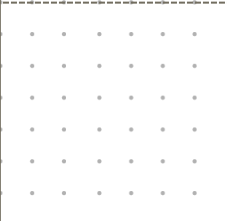


TUESDAY

2

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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3

THURSDAY

4

FRIDAY

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SATURDAY

NOTES

10

THURSDAY

11

FRIDAY

12

SATURDAY

NOTES

17

THURSDAY



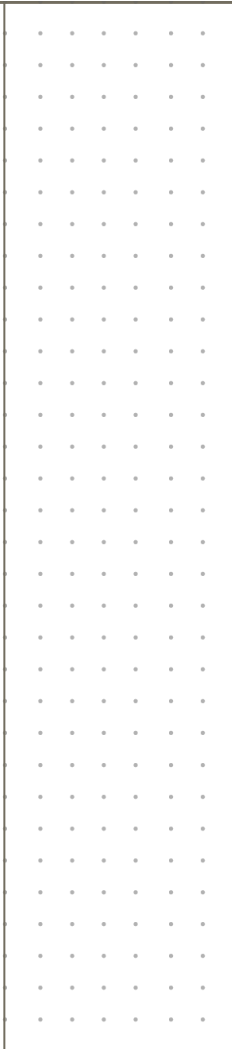
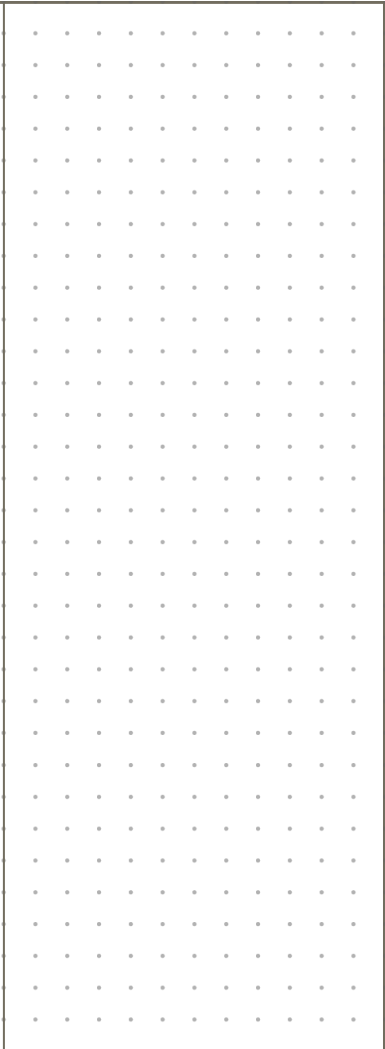
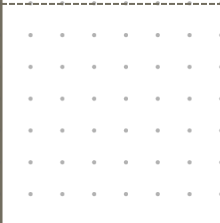
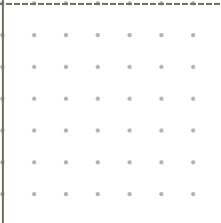
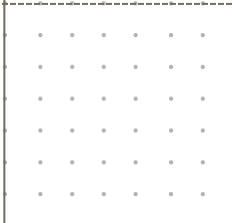



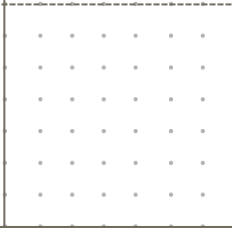

18

FRIDAY

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SATURDAY

NOTES

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SUNDAY

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MONDAY

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TUESDAY

23

WEDNESDAY

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WORKOUT

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RUN

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24

THURSDAY

25

FRIDAY

26

SATURDAY

NOTES

31

THURSDAY


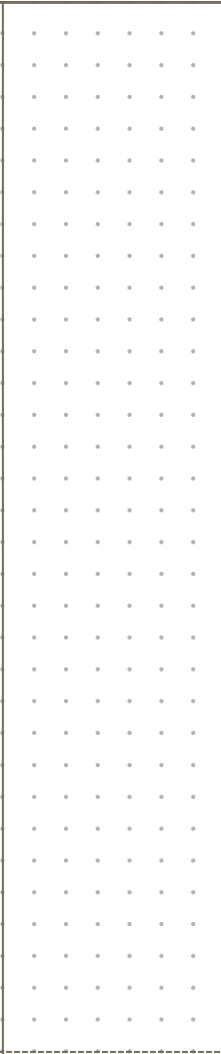
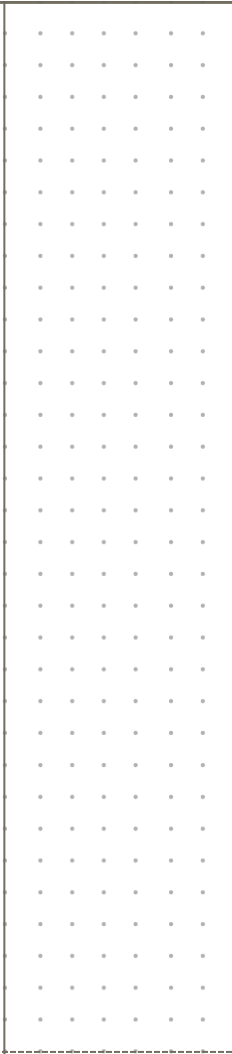
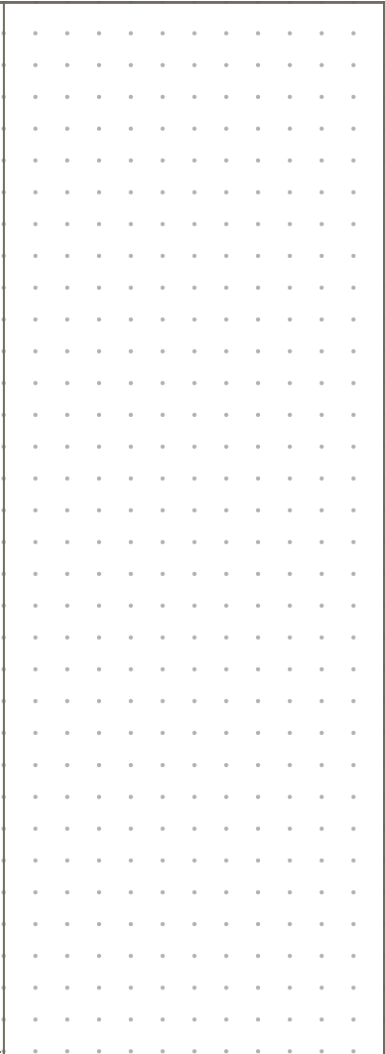






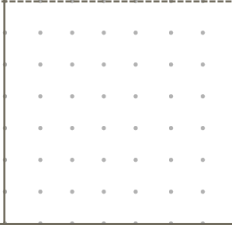

1

FRIDAY

2

SATURDAY

NOTES

November



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

GOALS

7

THURSDAY

8

FRIDAY

9

SATURDAY

NOTES

10

SUNDAY

11

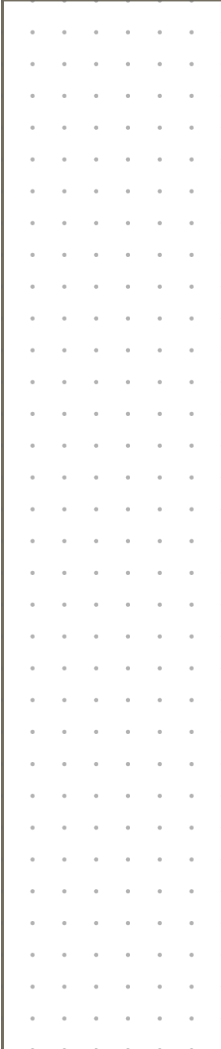
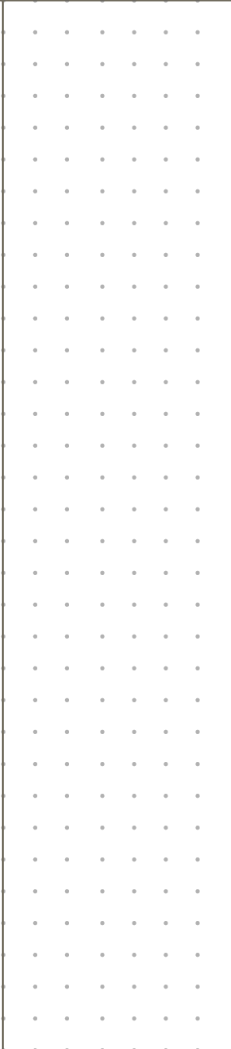


MONDAY

12

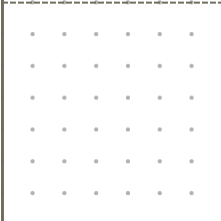
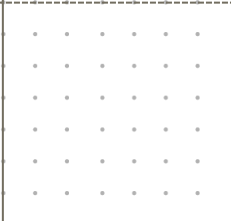
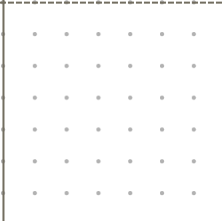
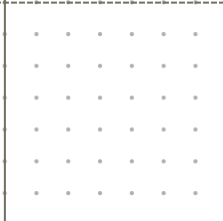
TUESDAY

13

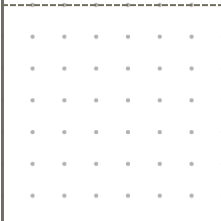
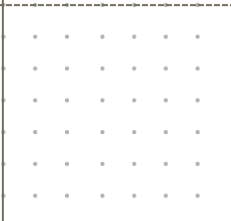
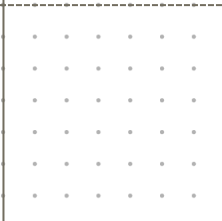
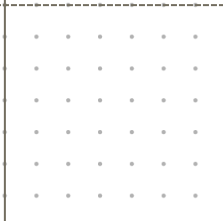
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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14

THURSDAY

15

FRIDAY

16

SATURDAY

NOTES

21

THURSDAY



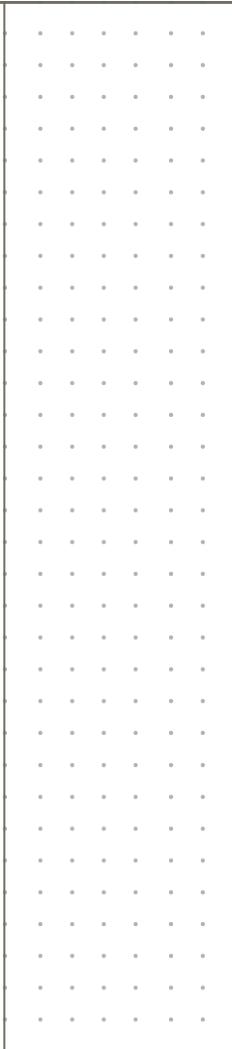
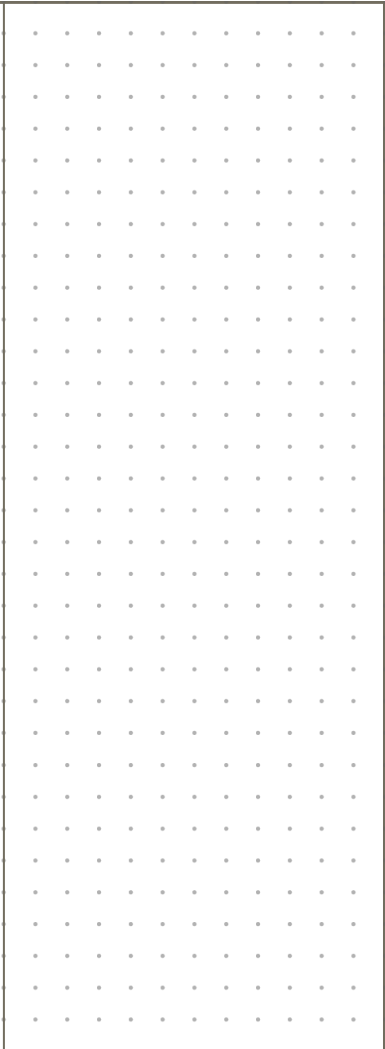
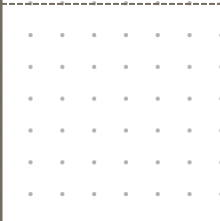
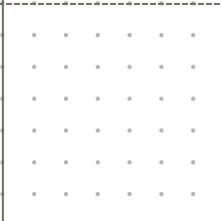
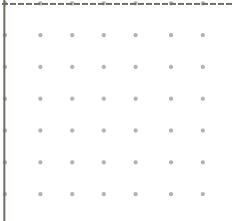

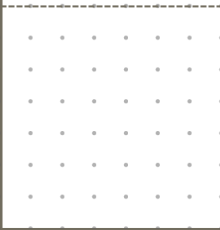
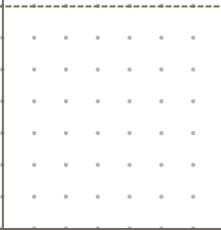
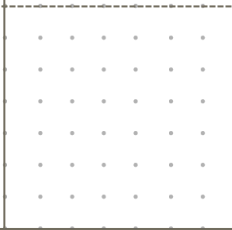
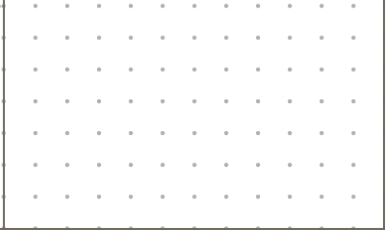
22

FRIDAY

23

SATURDAY

NOTES

28

THURSDAY



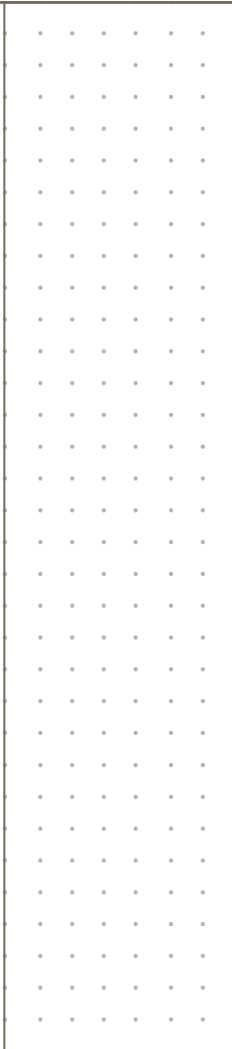
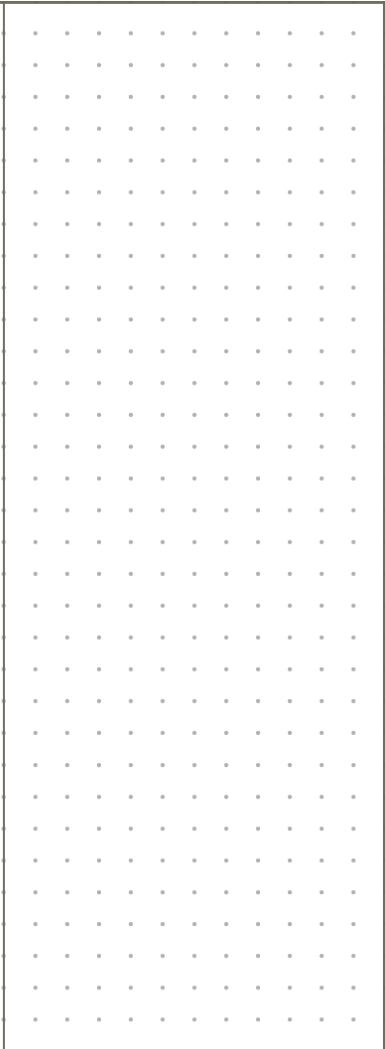
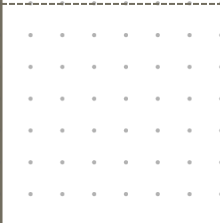
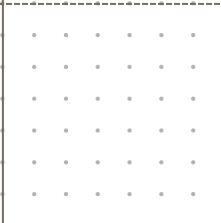
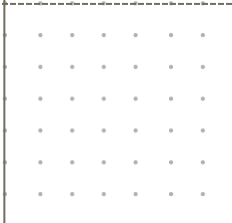



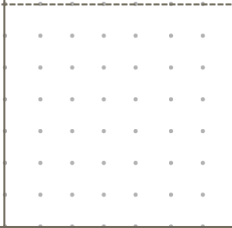

29

FRIDAY

30

SATURDAY

NOTES

December



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

GOALS

5

THURSDAY


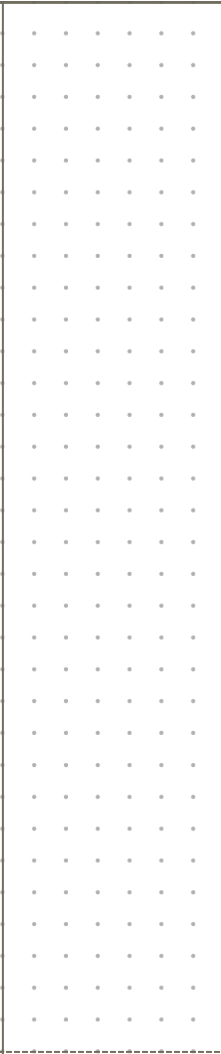
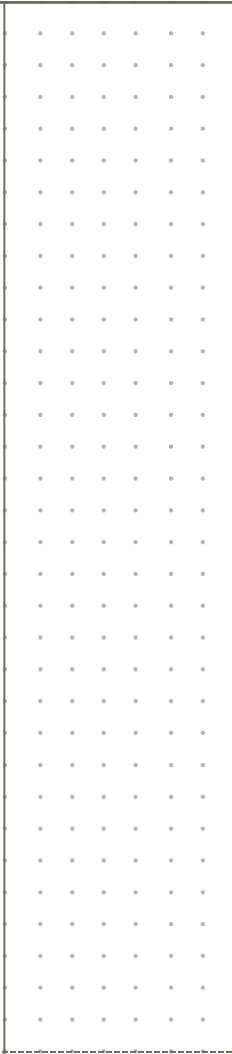
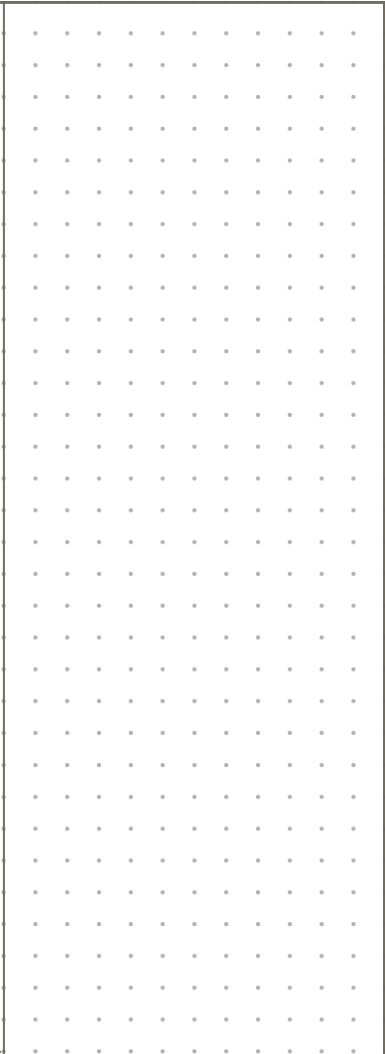
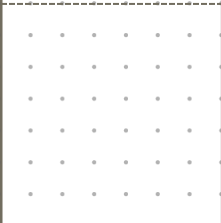





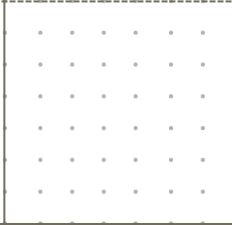

6

FRIDAY

7

SATURDAY

NOTES

12

THURSDAY

13

FRIDAY

14

SATURDAY

NOTES

15

SUNDAY

16

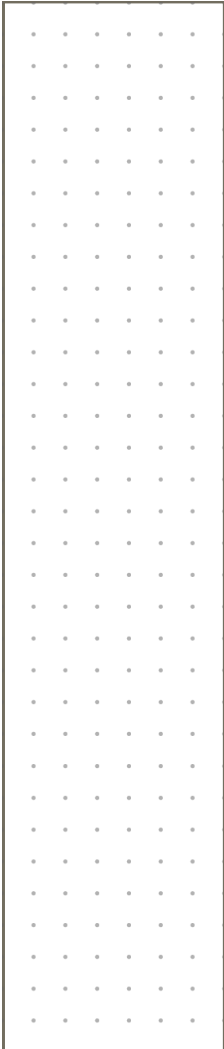



MONDAY

17


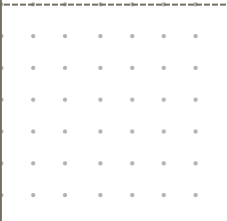
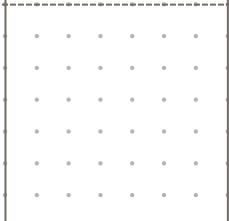
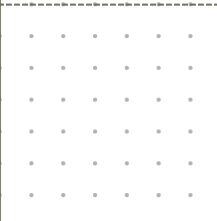
TUESDAY

18

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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19

THURSDAY

20

FRIDAY

21

SATURDAY

NOTES

22

SUNDAY

23


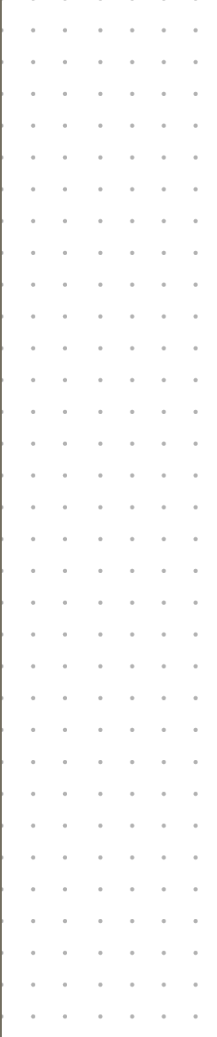
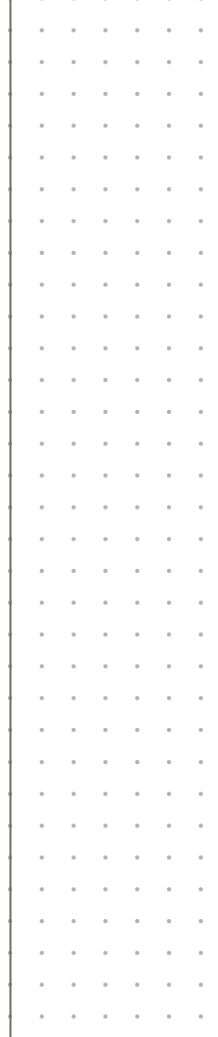
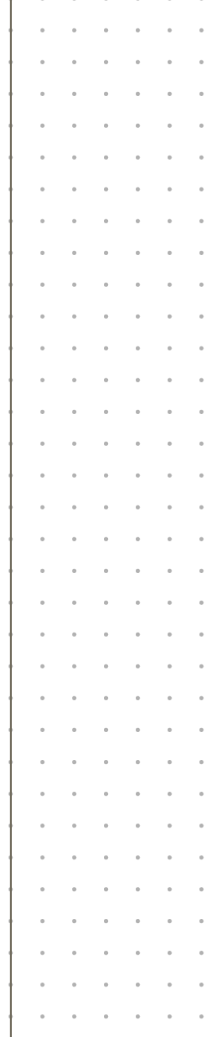
MONDAY

24



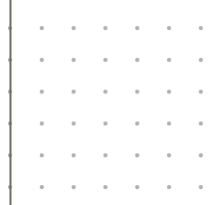
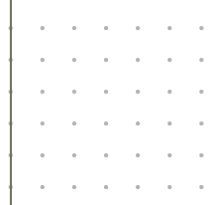
TUESDAY

25

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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26

THURSDAY



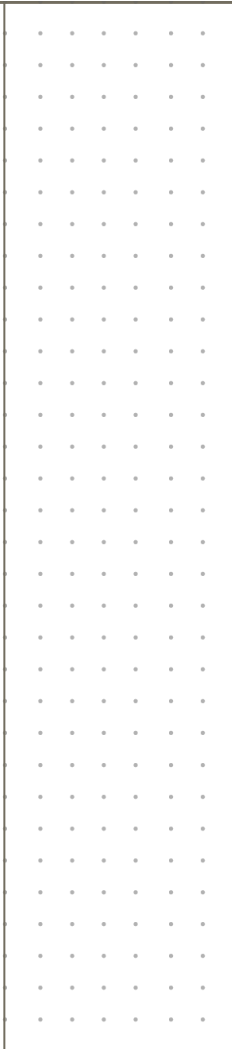
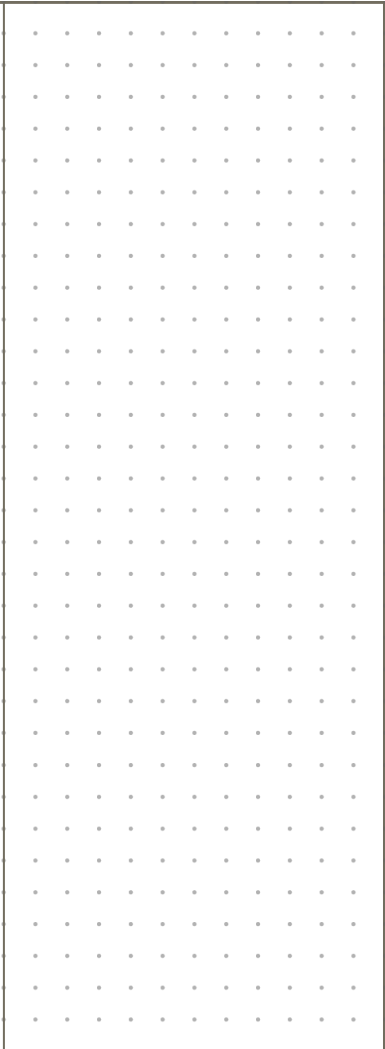
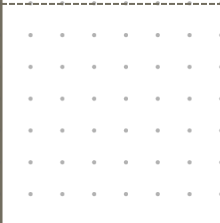
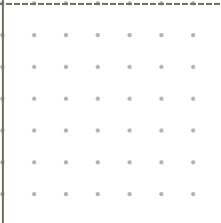
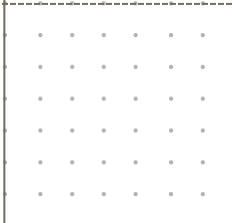



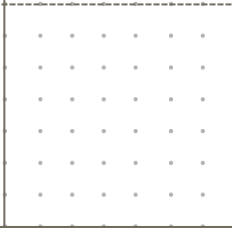

27

FRIDAY

28

SATURDAY

NOTES

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SUNDAY

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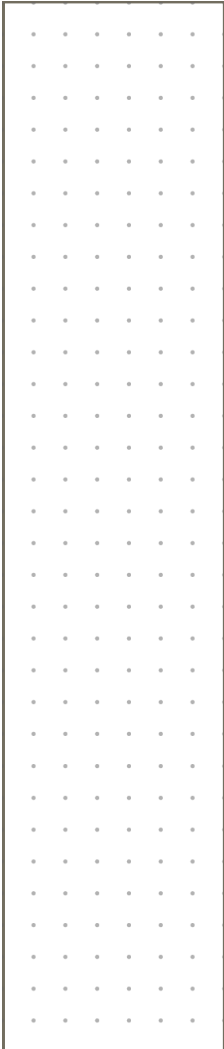



MONDAY

31


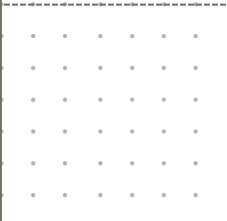
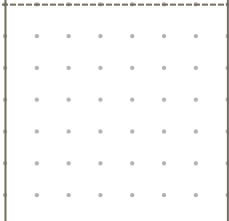
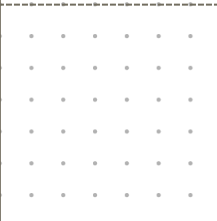
TUESDAY

1

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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2

THURSDAY

3

FRIDAY

4

SATURDAY

NOTES

