









# 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

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26  
SUNDAY

27  
MONDAY

28  
TUESDAY

29  
WEDNESDAY

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WORKOUT

--	--	--	--	--

RUN

--	--	--	--	--



30

THURSDAY



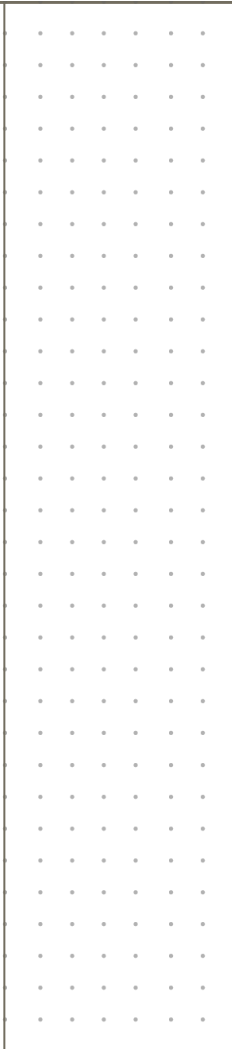
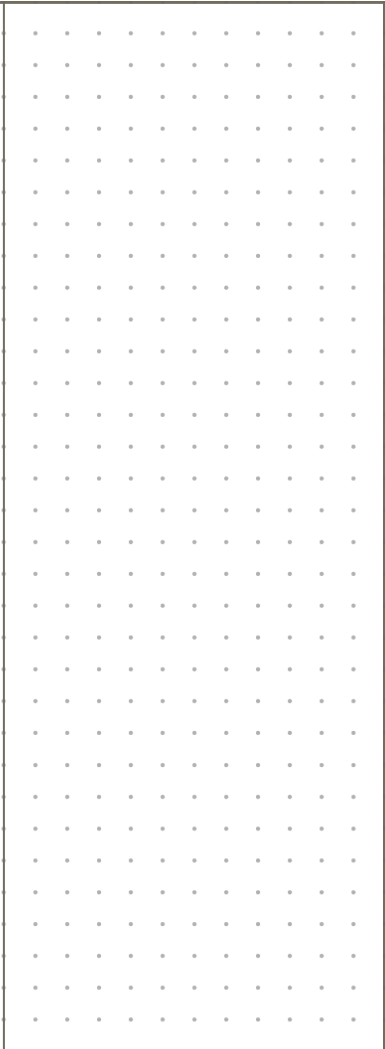
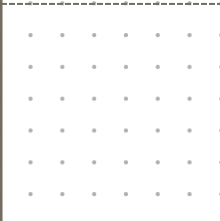
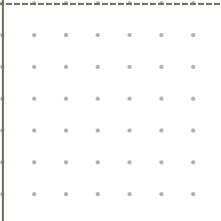
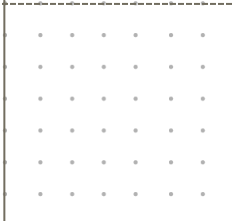

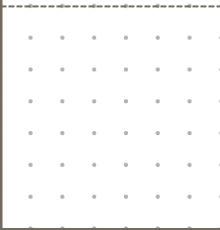
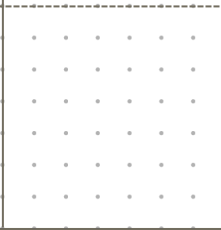
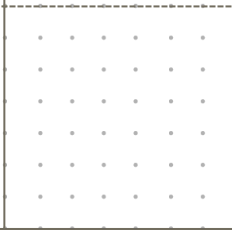
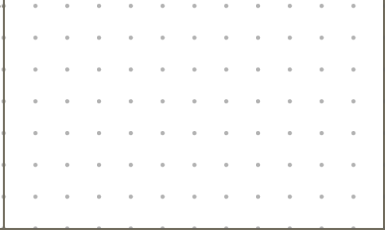
1

FRIDAY

2

SATURDAY

NOTES

3  
SUNDAY

4  
MONDAY

5  
TUESDAY

6  
WEDNESDAY

WORKOUT

RUN

7

THURSDAY

8

FRIDAY

9

SATURDAY

NOTES


10

SUNDAY

11

MONDAY

12

TUESDAY

13

WEDNESDAY

	<p>Grid of 20 columns and 30 rows of dots for Sunday.</p>	<p>Grid of 20 columns and 30 rows of dots for Monday.</p>	<p>Grid of 20 columns and 30 rows of dots for Tuesday.</p>	<p>Grid of 20 columns and 30 rows of dots for Wednesday.</p>
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WORKOUT

	<p>Grid of 20 columns and 13 rows of dots for Sunday.</p>	<p>Grid of 20 columns and 13 rows of dots for Monday.</p>	<p>Grid of 20 columns and 13 rows of dots for Tuesday.</p>	<p>Grid of 20 columns and 13 rows of dots for Wednesday.</p>
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RUN

	<p>Grid of 20 columns and 13 rows of dots for Sunday.</p>	<p>Grid of 20 columns and 13 rows of dots for Monday.</p>	<p>Grid of 20 columns and 13 rows of dots for Tuesday.</p>	<p>Grid of 20 columns and 13 rows of dots for Wednesday.</p>
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14

THURSDAY

15

FRIDAY

16

SATURDAY

NOTES




21

THURSDAY



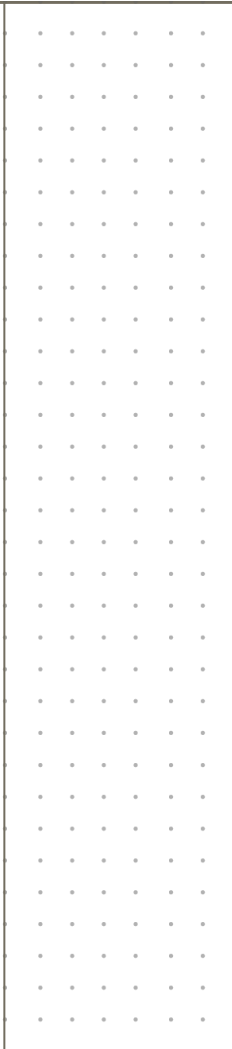
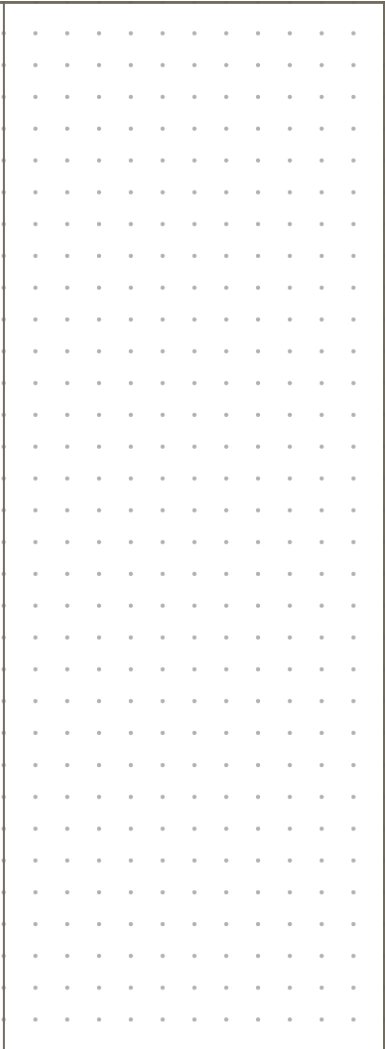
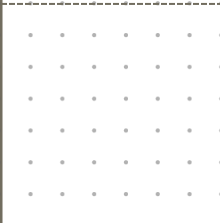
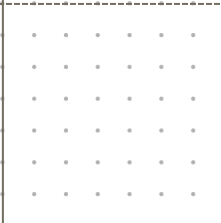
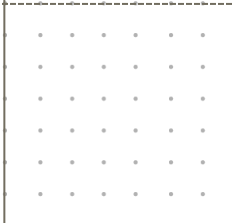



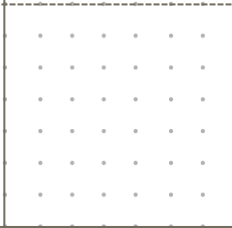

22

FRIDAY

23

SATURDAY

NOTES





28

THURSDAY



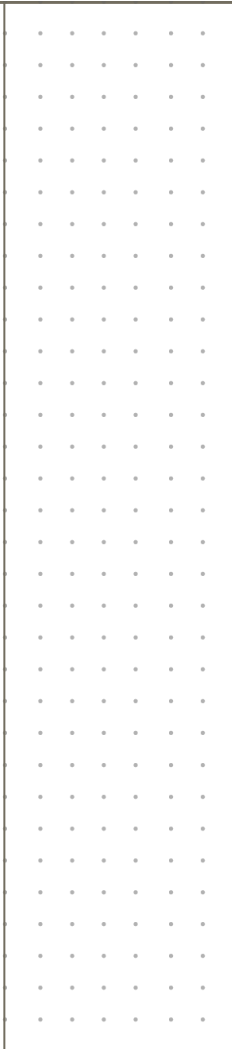
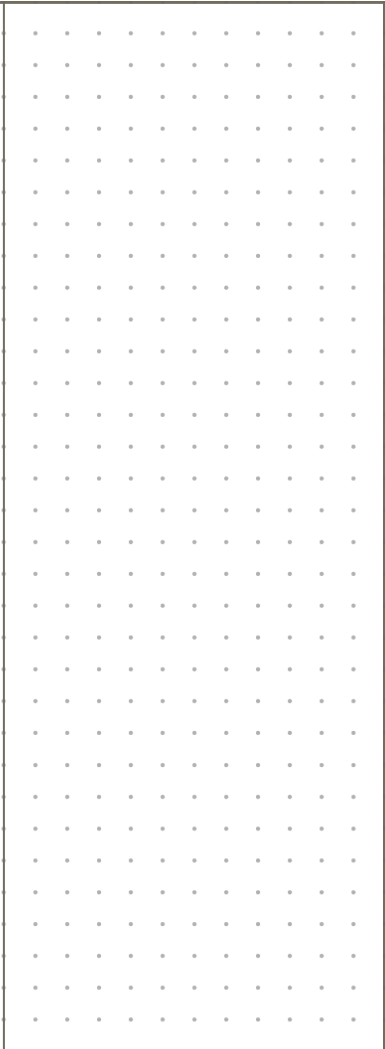
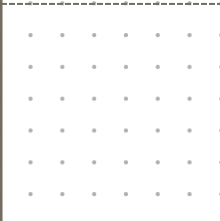
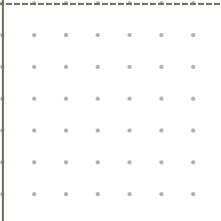
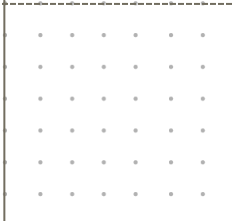

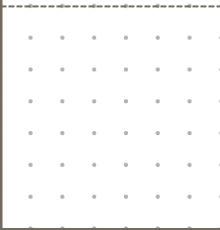
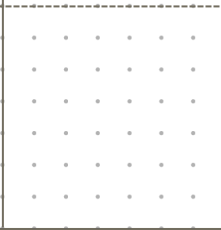
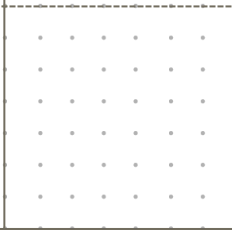
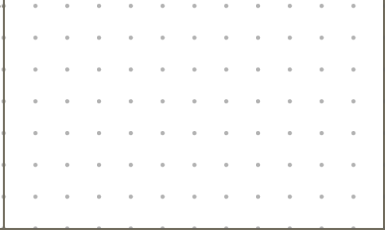
29

FRIDAY

30

SATURDAY

NOTES



# 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

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4

THURSDAY



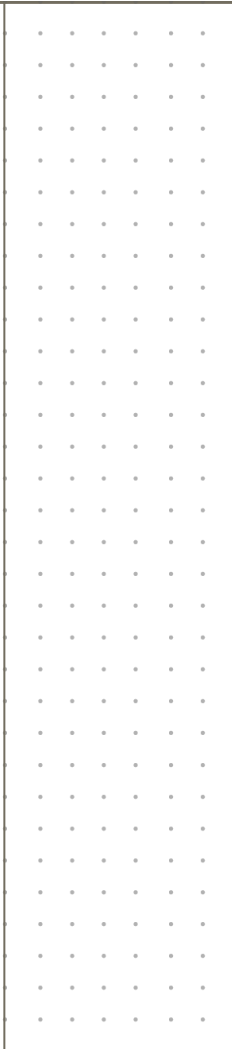
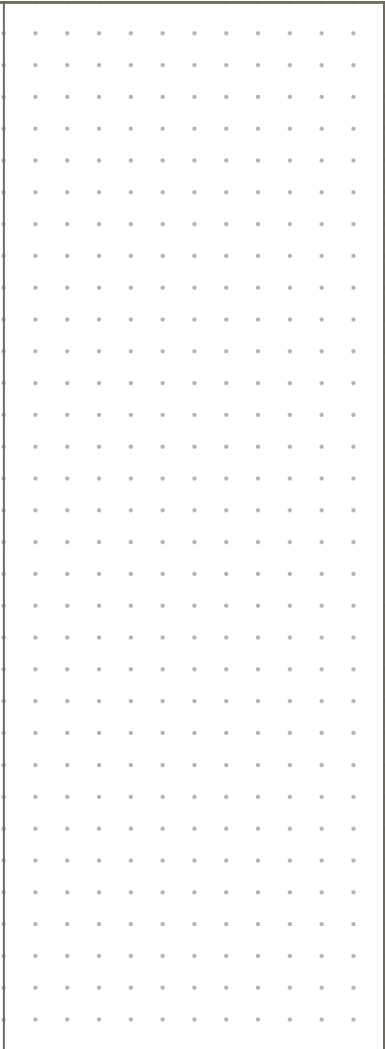
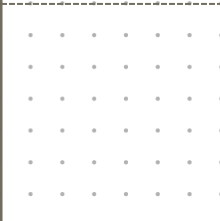
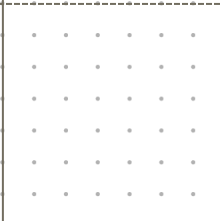
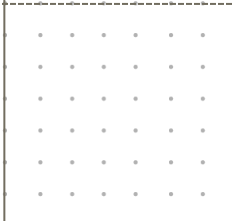



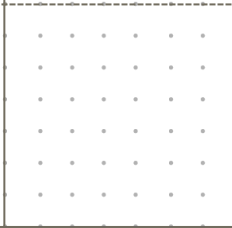

5

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




1

THURSDAY



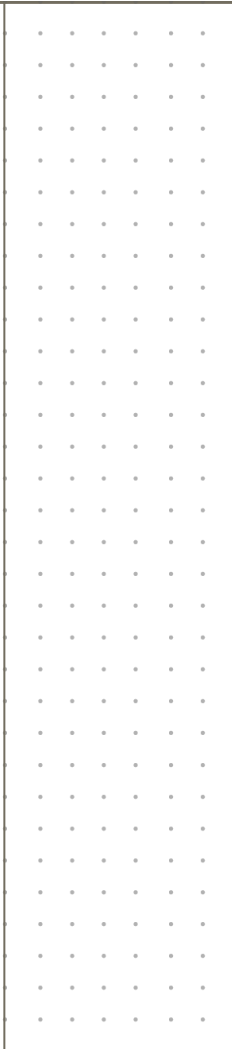
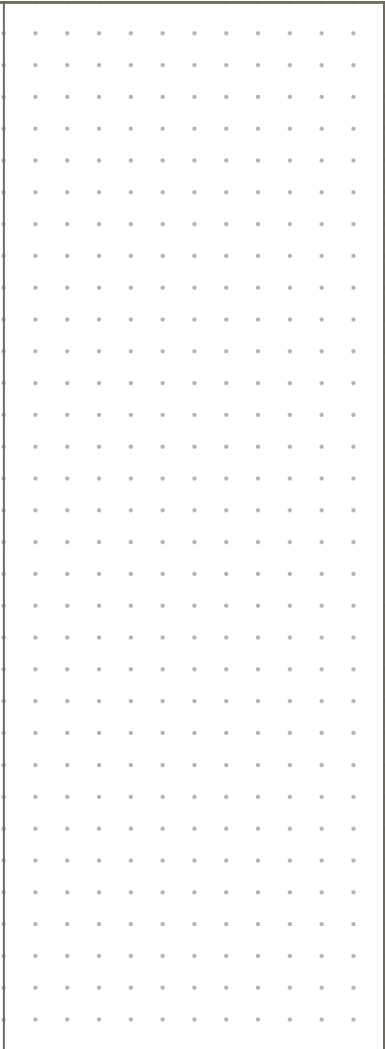
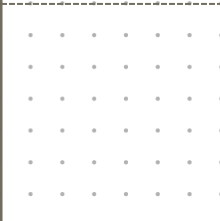
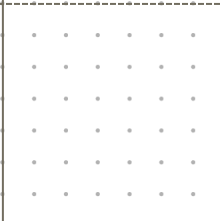
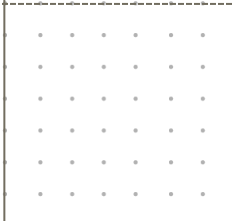



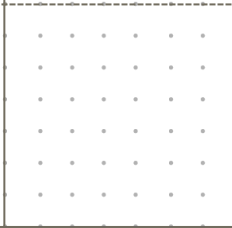

2

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

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8

THURSDAY

9

FRIDAY

10

SATURDAY

NOTES




15

THURSDAY

16

FRIDAY

17

SATURDAY

NOTES


18

SUNDAY

19

MONDAY

20

TUESDAY

21

WEDNESDAY

	18 SUNDAY	19 MONDAY	20 TUESDAY	21 WEDNESDAY
	[Dotted Grid]	[Dotted Grid]	[Dotted Grid]	[Dotted Grid]
WORKOUT	[Dotted Grid]	[Dotted Grid]	[Dotted Grid]	[Dotted Grid]
RUN	[Dotted Grid]	[Dotted Grid]	[Dotted Grid]	[Dotted Grid]

22

THURSDAY

23

FRIDAY

24

SATURDAY

NOTES


25

SUNDAY

26

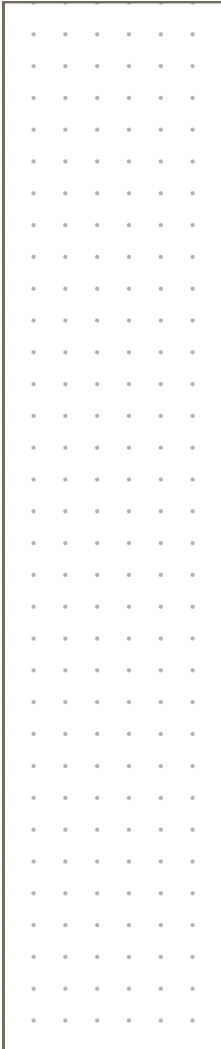
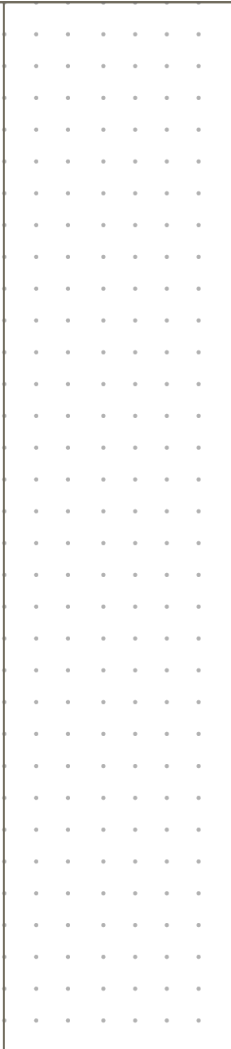
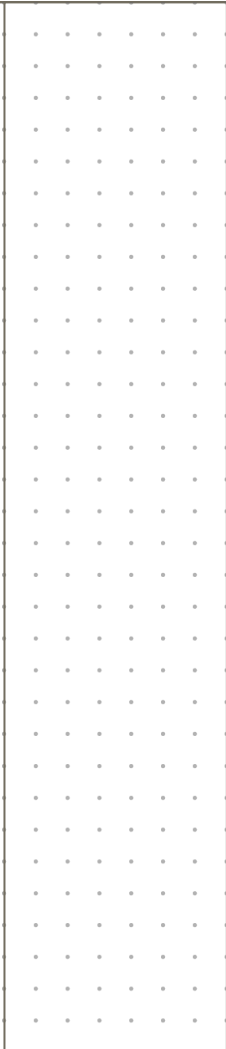

MONDAY

27

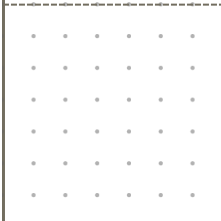
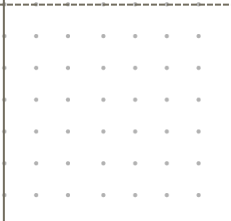
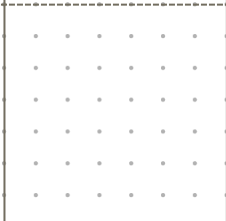
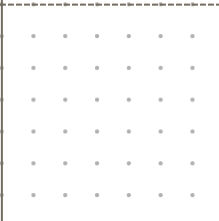
TUESDAY

28

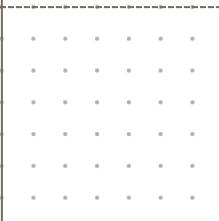
WEDNESDAY

				
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WORKOUT

				
--	---	---	---	--

RUN

				
--	---	---	---	--

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

Large empty grid area for notes and tracking on Sunday through Wednesday.

WORKOUT

Grid area for tracking workout duration or details on Sunday through Wednesday.

RUN

Grid area for tracking run duration or details on Sunday through Wednesday.

7

THURSDAY

8

FRIDAY

9

SATURDAY

NOTES




14

THURSDAY

15

FRIDAY

16

SATURDAY

NOTES


17

SUNDAY

18

MONDAY

10

TUESDAY

20

WEDNESDAY

Grid for Sunday 17th

Grid for Monday 18th

Grid for Tuesday 10th

Grid for Wednesday 20th

WORKOUT

Grid for Sunday 17th (Workout)

Grid for Monday 18th (Workout)

Grid for Tuesday 10th (Workout)

Grid for Wednesday 20th (Workout)

RUN

Grid for Sunday 17th (Run)

Grid for Monday 18th (Run)

Grid for Tuesday 10th (Run)

Grid for Wednesday 20th (Run)

21

THURSDAY

33

FRIDAY

23

SATURDAY

NOTES






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

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4

THURSDAY



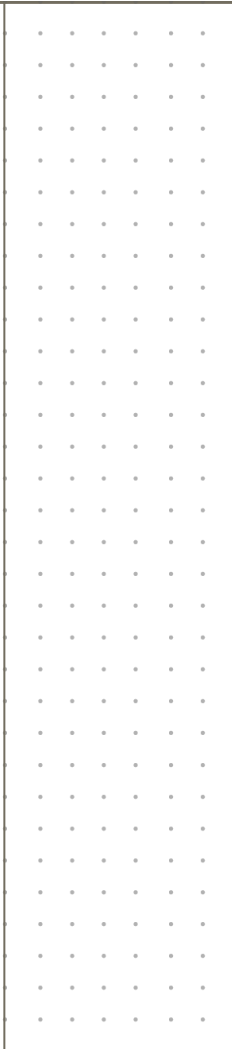
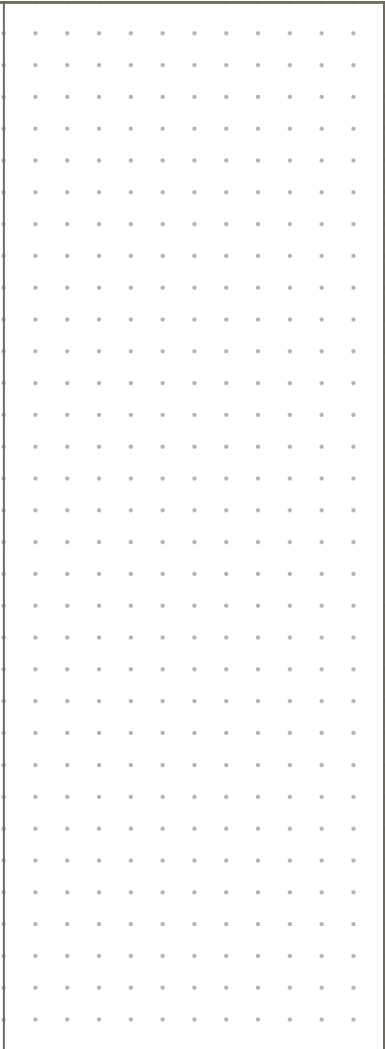
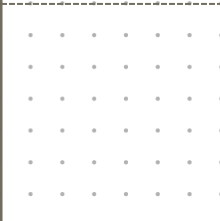
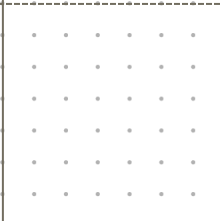
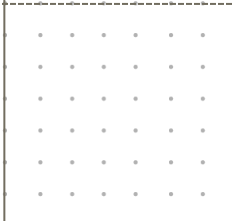



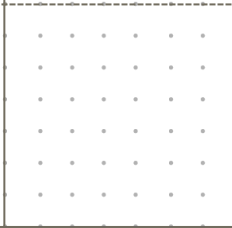

5

FRIDAY

6

SATURDAY

NOTES



11

THURSDAY

12

FRIDAY

13

SATURDAY

NOTES


14

SUNDAY

15

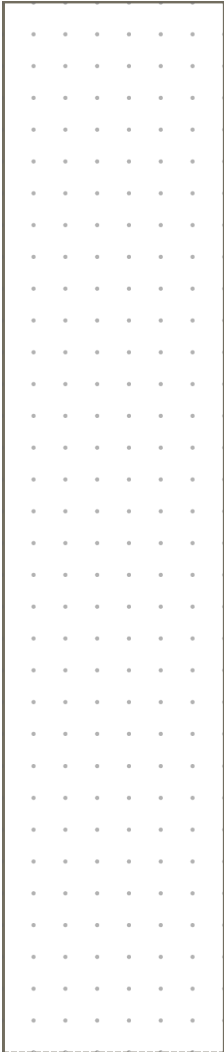


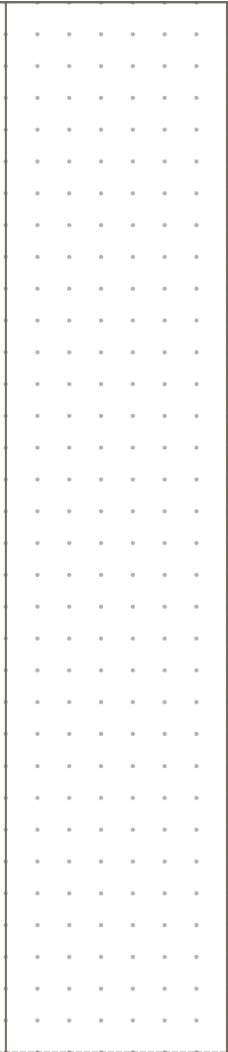
MONDAY

16

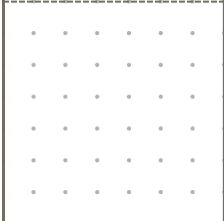
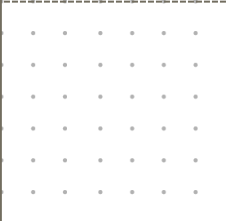
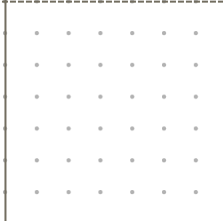
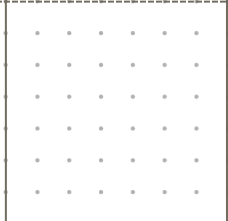
TUESDAY

17

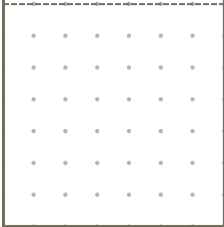
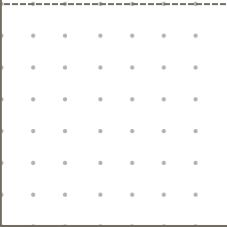
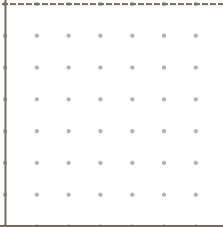
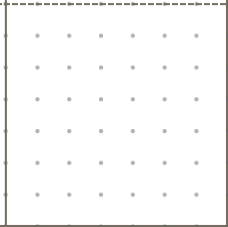
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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18

THURSDAY

19

FRIDAY

20

SATURDAY

NOTES


21

SUNDAY

22

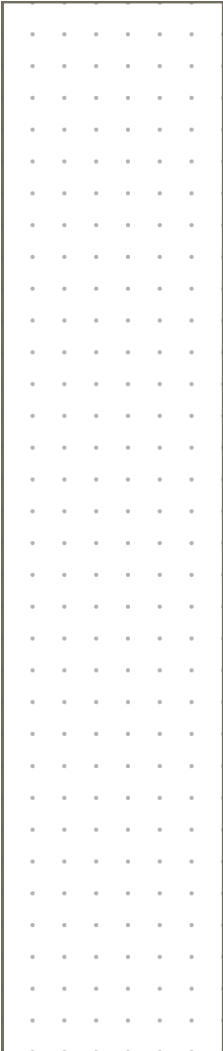
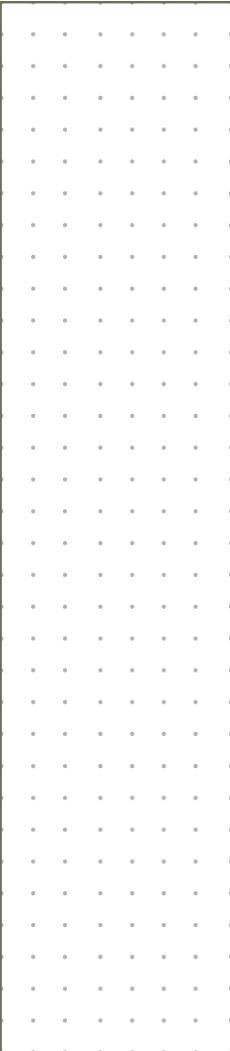


MONDAY

23


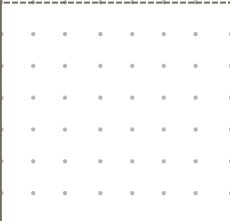

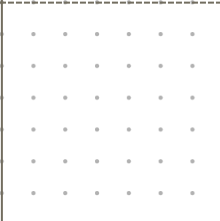
TUESDAY

24


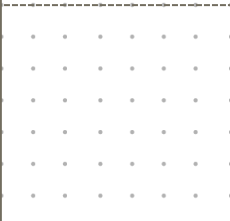
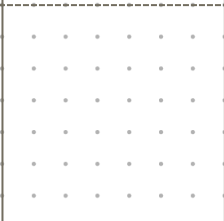
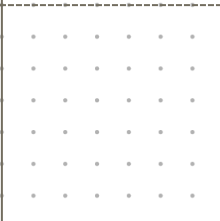
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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25

THURSDAY

26

FRIDAY

27

SATURDAY

NOTES




# 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

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28

SUNDAY

29

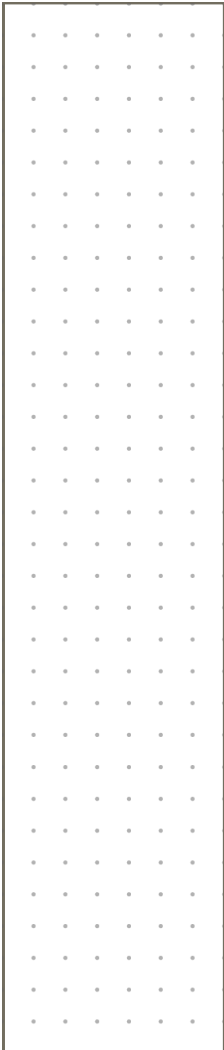

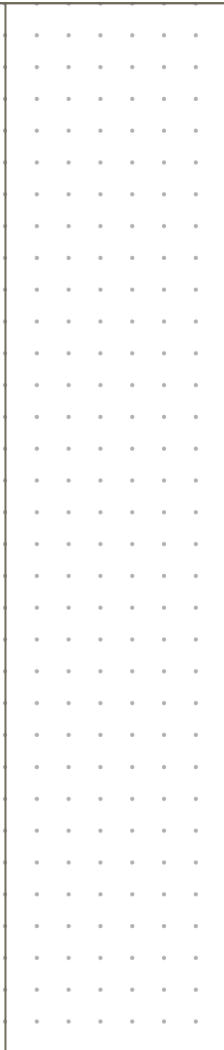

MONDAY

30


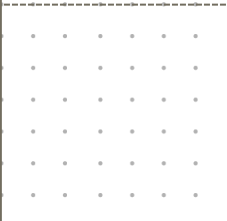
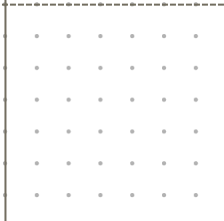
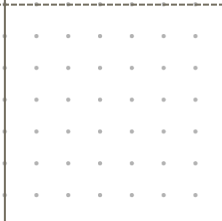
TUESDAY

1

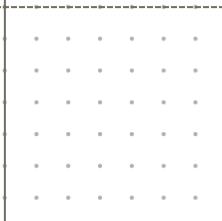
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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2

THURSDAY


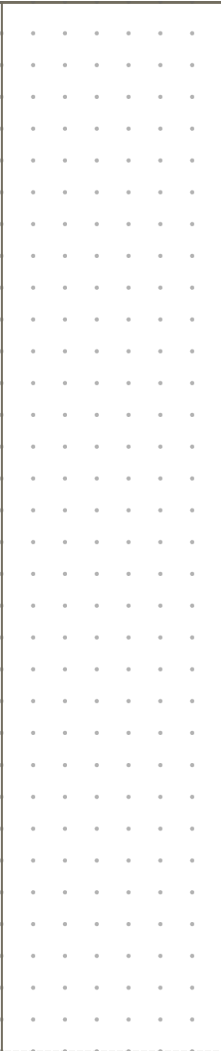
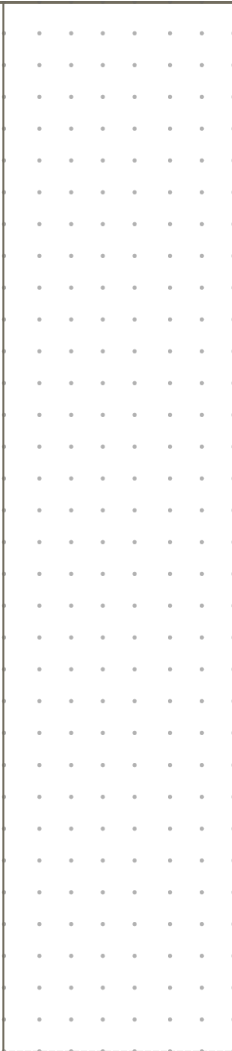
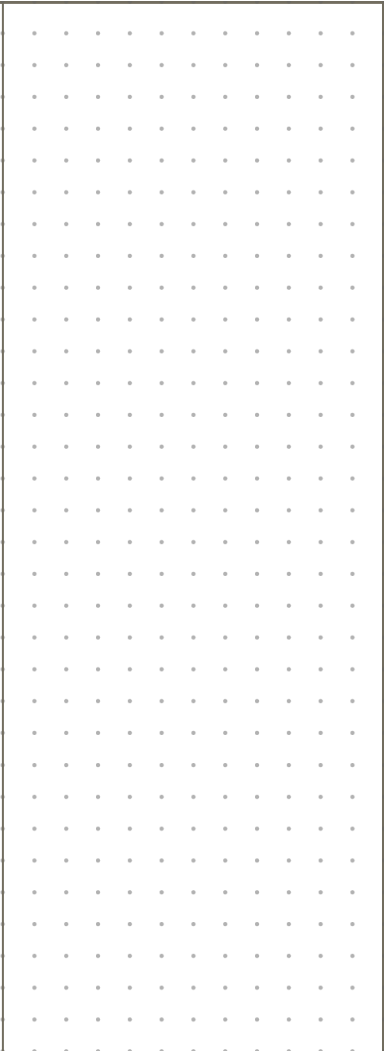
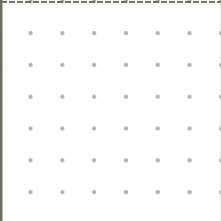
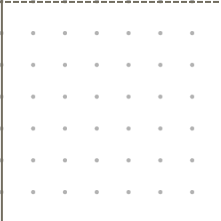
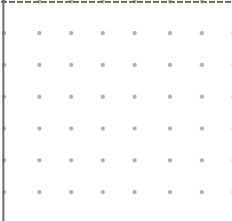



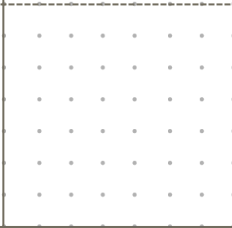

3

FRIDAY

4

SATURDAY

NOTES

5  
SUNDAY

6  
MONDAY

7  
TUESDAY

8  
WEDNESDAY

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WORKOUT

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RUN

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9

THURSDAY

10

FRIDAY

11

SATURDAY

NOTES


12

SUNDAY

13

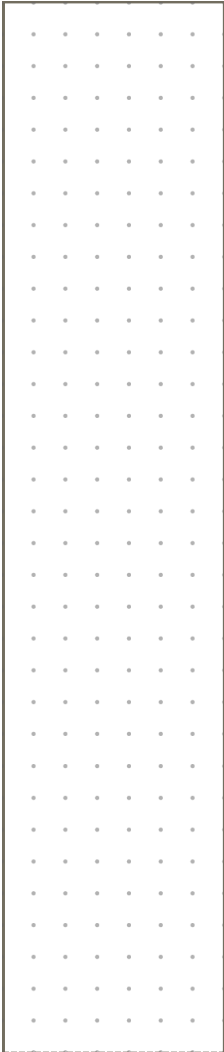


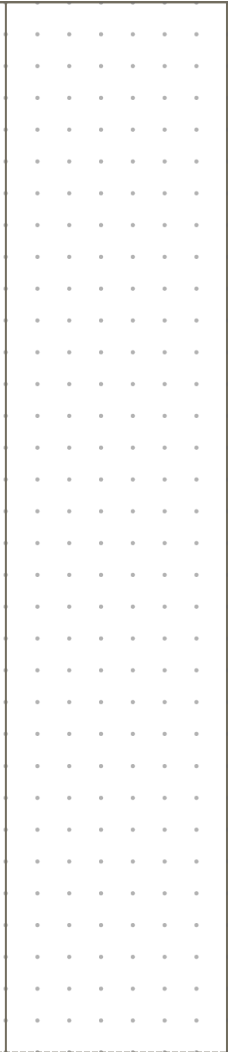
MONDAY

14

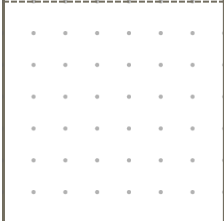
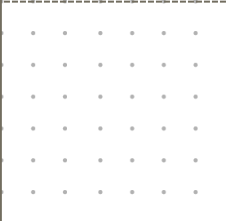
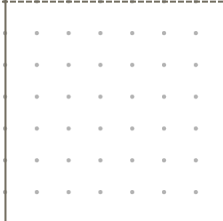
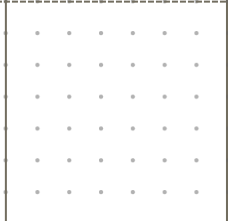
TUESDAY

15

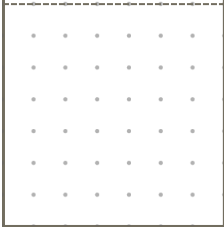
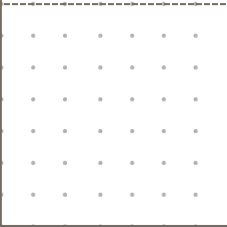
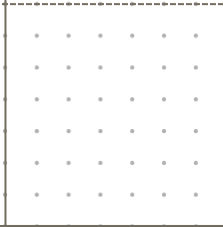
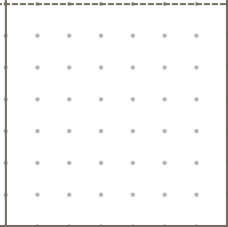
WEDNESDAY

				
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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



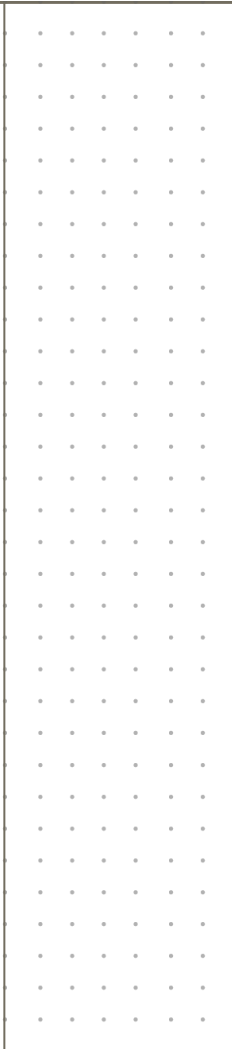
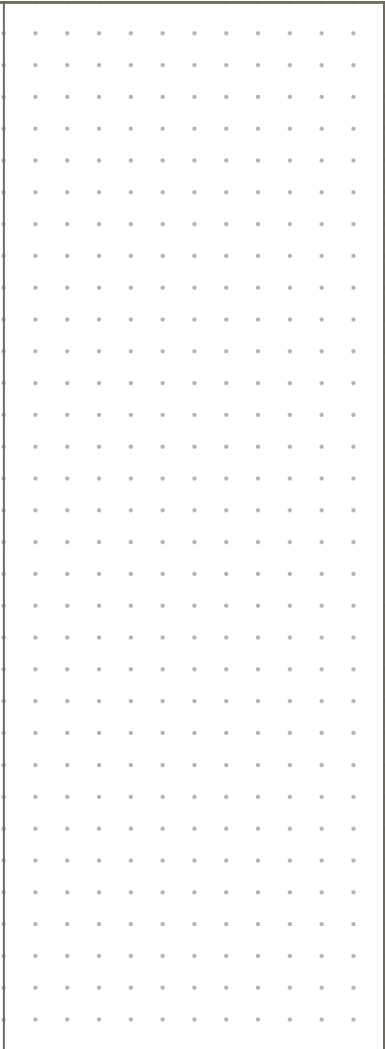
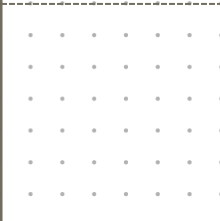
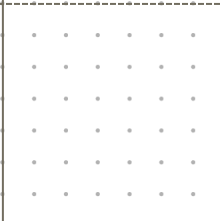
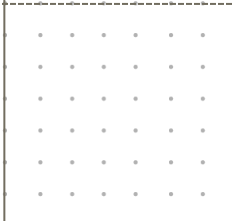



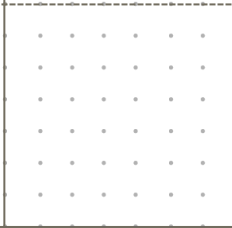

24

FRIDAY

25

SATURDAY

NOTES



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

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2

SUNDAY

3

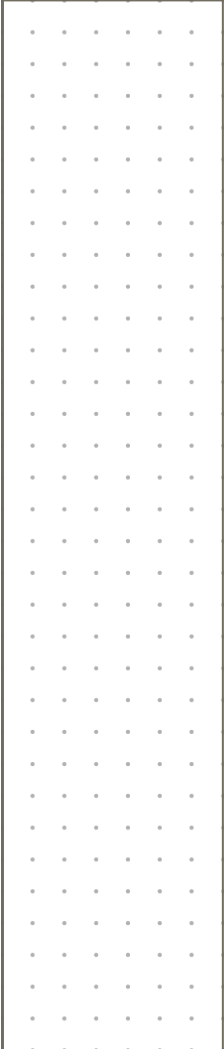
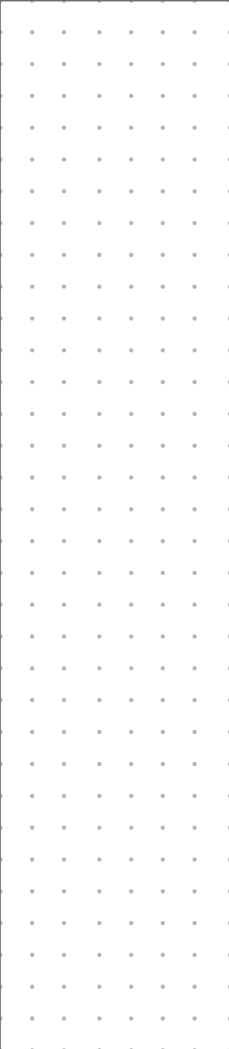

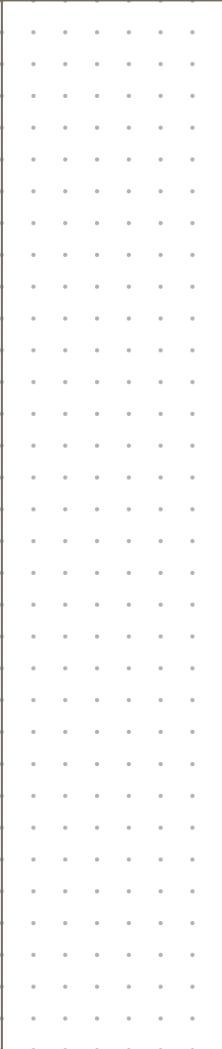
MONDAY

4

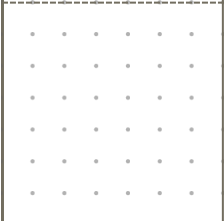
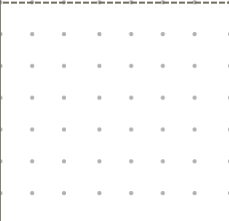

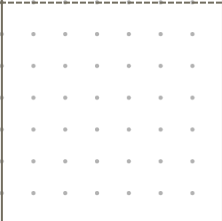
TUESDAY

5

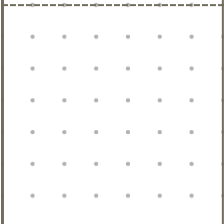
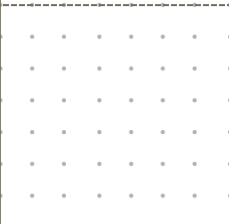


WEDNESDAY

				
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WORKOUT

				
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RUN

				
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6

THURSDAY

7

FRIDAY

8

SATURDAY

NOTES


9

SUNDAY

10

MONDAY

11

TUESDAY

12

WEDNESDAY

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WORKOUT

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RUN

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13

THURSDAY

14

FRIDAY

15

SATURDAY

NOTES




20

THURSDAY

21

FRIDAY

22

SATURDAY

NOTES






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

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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

[Empty grid area for run notes]			
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11

THURSDAY

12

FRIDAY

13

SATURDAY

NOTES


14

SUNDAY

15

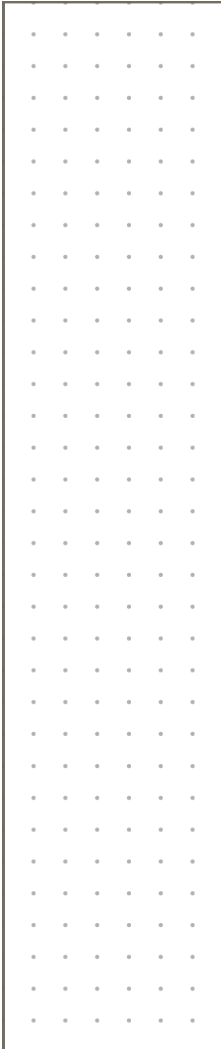
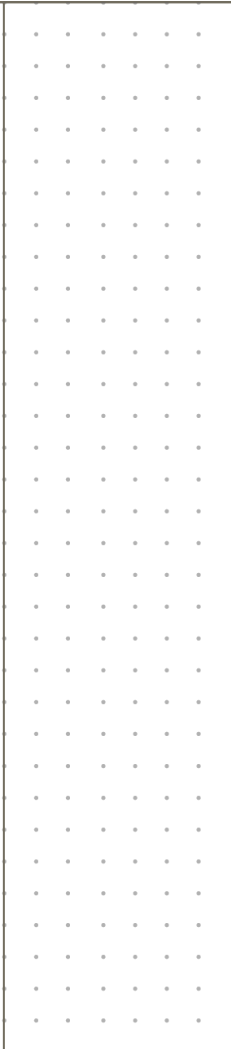
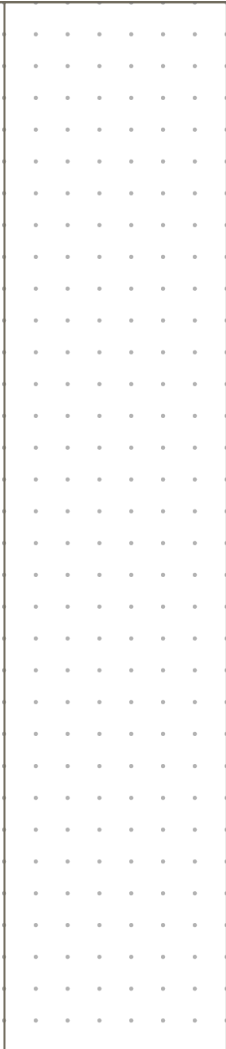

MONDAY

16

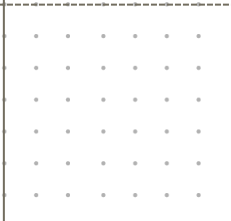
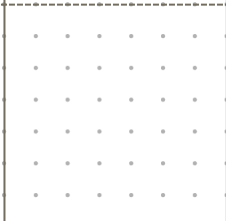
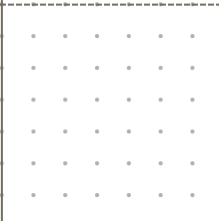
TUESDAY

17

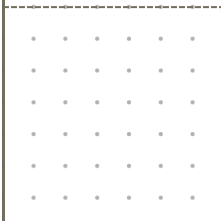
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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18

THURSDAY

19

FRIDAY

20

SATURDAY

NOTES


21

SUNDAY

22

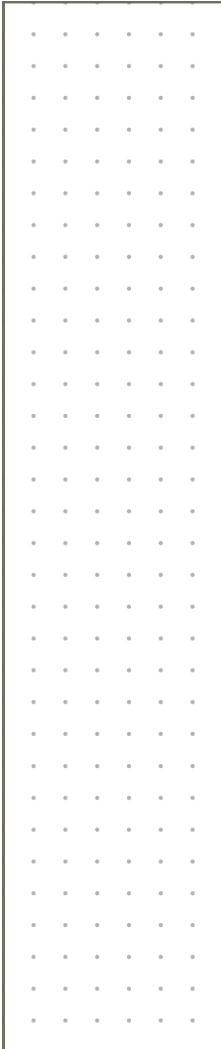
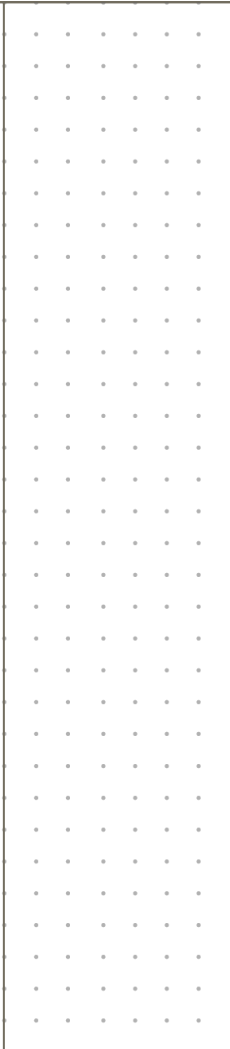
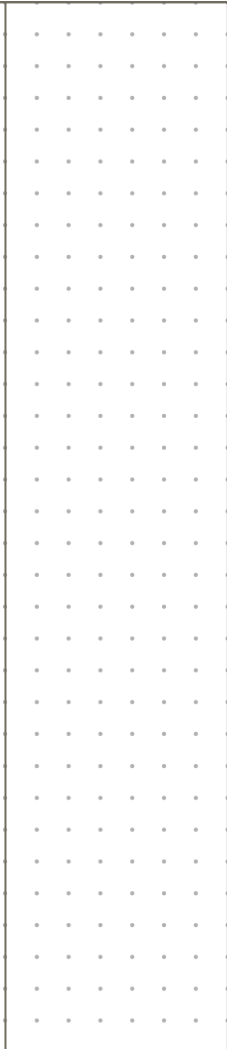

MONDAY

23

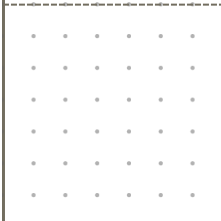
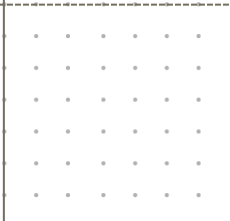
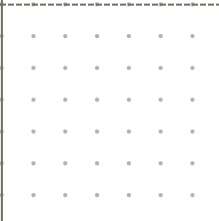
TUESDAY

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

	<p>Grid of 20 columns and 20 rows of dots for Sunday.</p>	<p>Grid of 20 columns and 20 rows of dots for Monday.</p>	<p>Grid of 20 columns and 20 rows of dots for Tuesday.</p>	<p>Grid of 20 columns and 20 rows of dots for Wednesday.</p>
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WORKOUT

	<p>Grid of 20 columns and 13 rows of dots for Sunday.</p>	<p>Grid of 20 columns and 13 rows of dots for Monday.</p>	<p>Grid of 20 columns and 13 rows of dots for Tuesday.</p>	<p>Grid of 20 columns and 13 rows of dots for Wednesday.</p>
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RUN

	<p>Grid of 20 columns and 13 rows of dots for Sunday.</p>	<p>Grid of 20 columns and 13 rows of dots for Monday.</p>	<p>Grid of 20 columns and 13 rows of dots for Tuesday.</p>	<p>Grid of 20 columns and 13 rows of dots for Wednesday.</p>
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1

THURSDAY



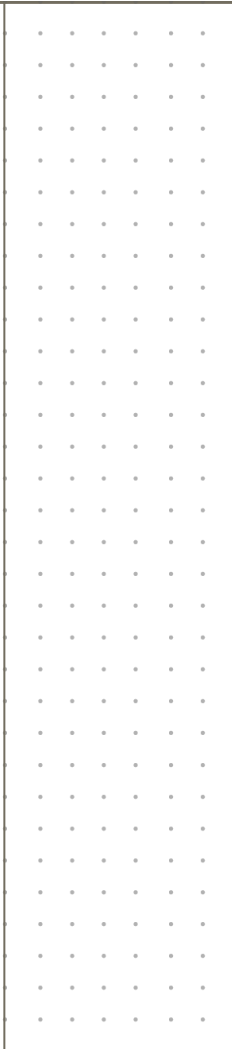
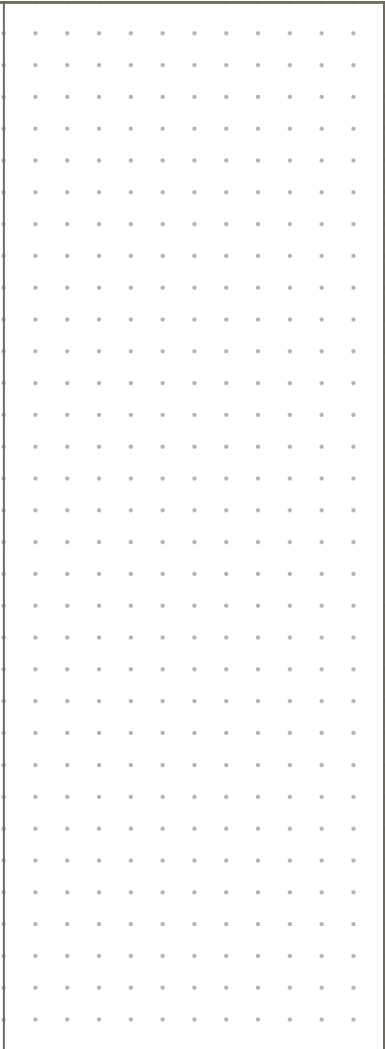
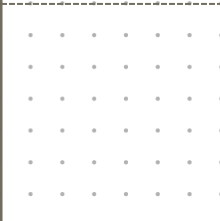
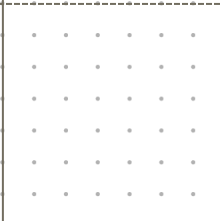
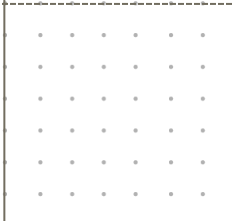



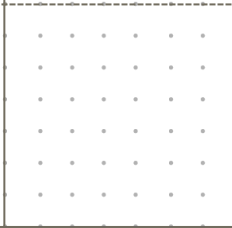

2

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

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8

THURSDAY



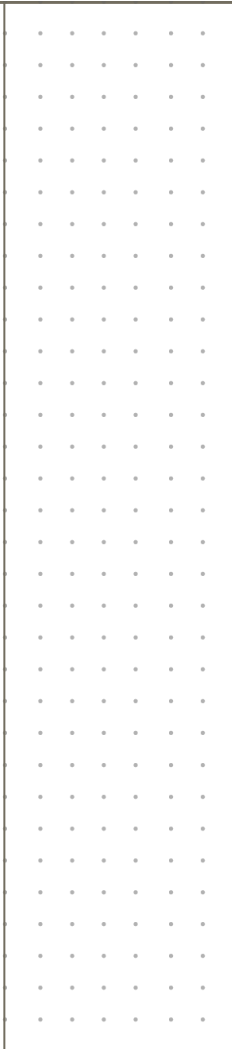
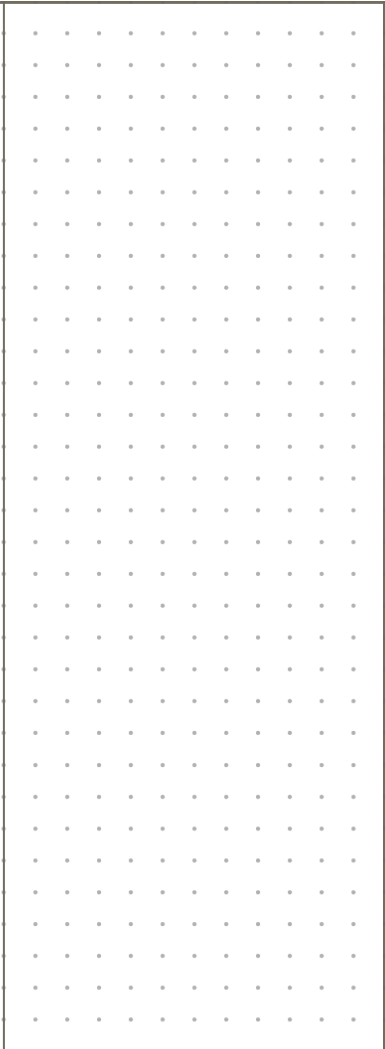
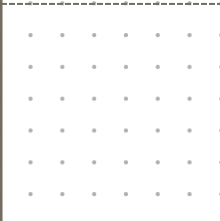
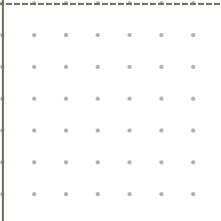
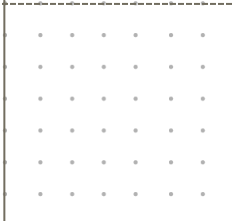

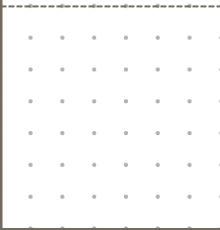
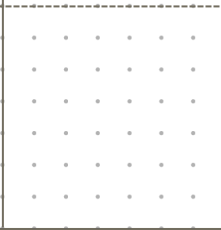
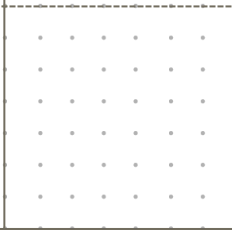
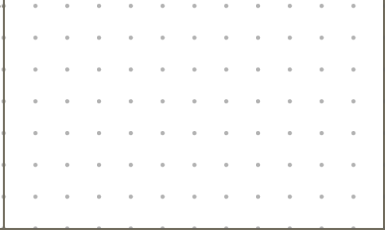
9

FRIDAY

10

SATURDAY

NOTES



15

THURSDAY

16

FRIDAY

17

SATURDAY

NOTES


18

SUNDAY

19

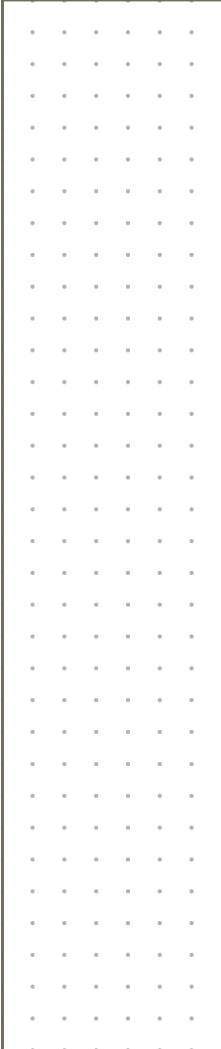
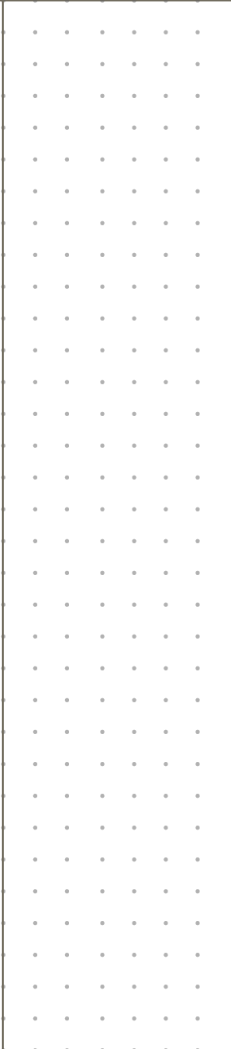


MONDAY

20

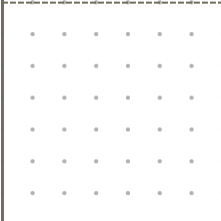
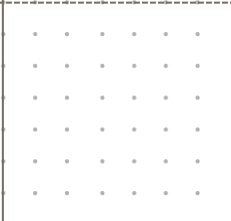
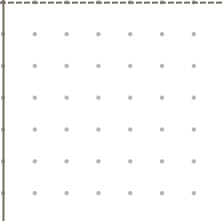
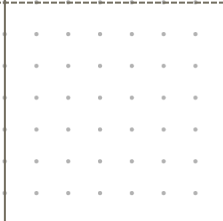
TUESDAY

21

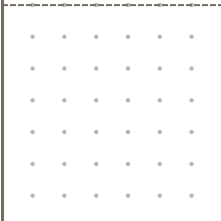
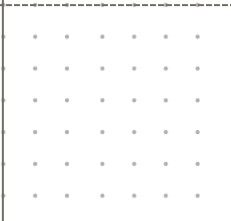
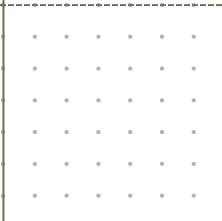
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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22

THURSDAY

23

FRIDAY

24

SATURDAY

NOTES




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

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5

THURSDAY


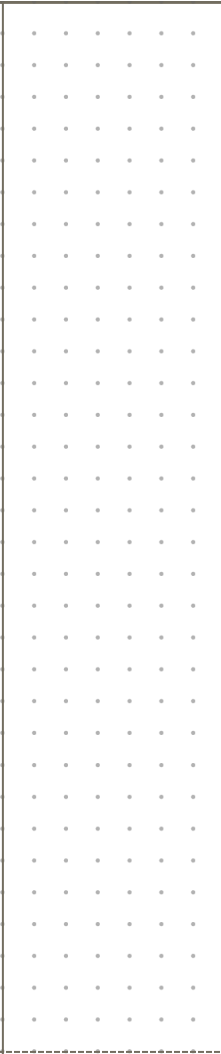
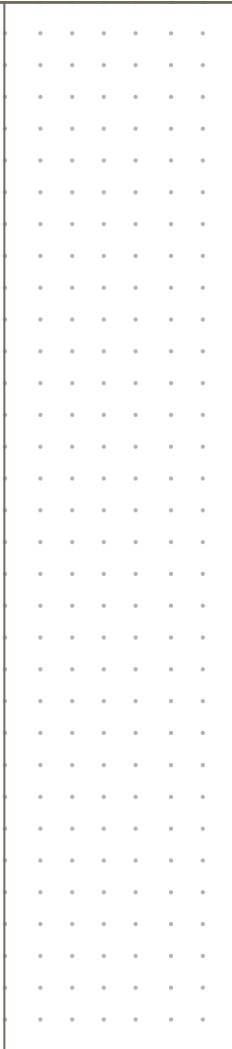
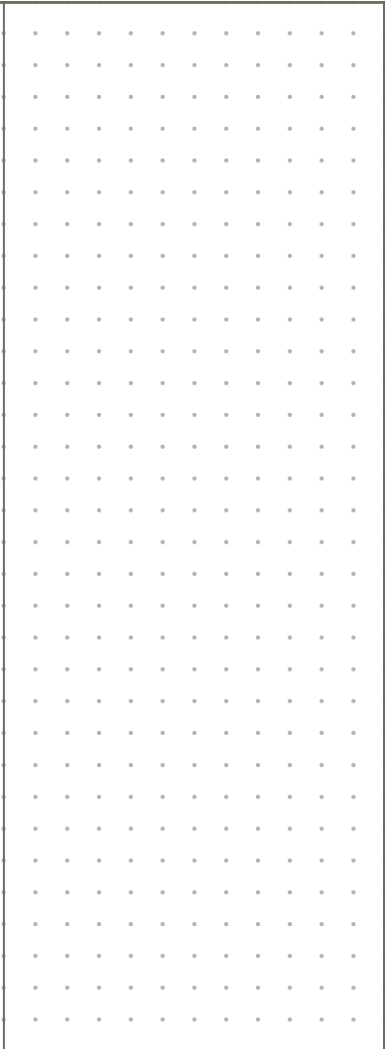
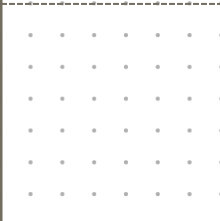
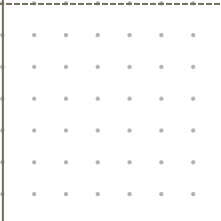
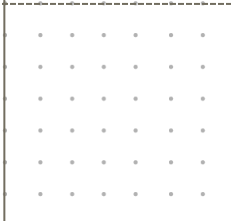

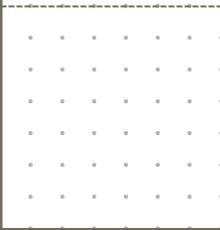
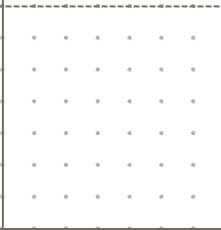
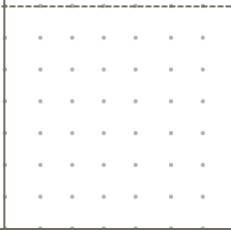
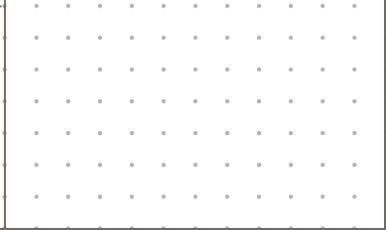
6

FRIDAY

7

SATURDAY

NOTES

8  
SUNDAY

9  
MONDAY

10  
TUESDAY

11  
WEDNESDAY

WORKOUT

RUN

12

THURSDAY

13

FRIDAY

14

SATURDAY

NOTES


15

SUNDAY

16

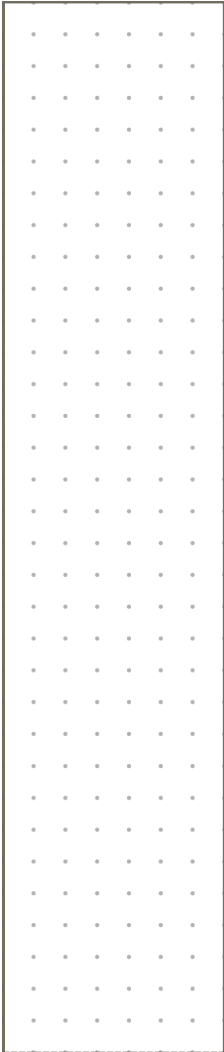


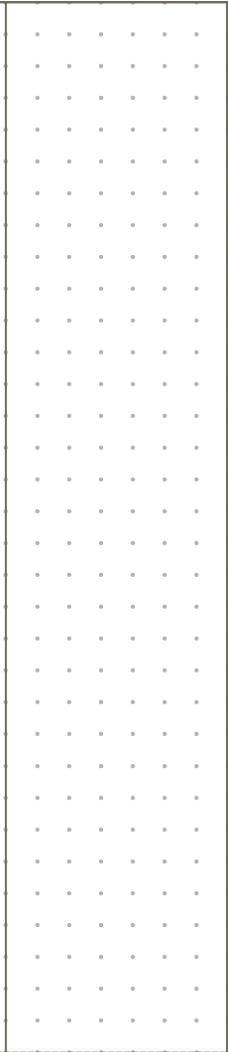
MONDAY

17

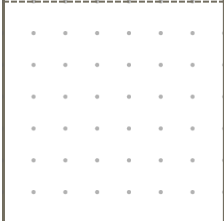
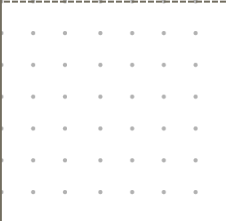
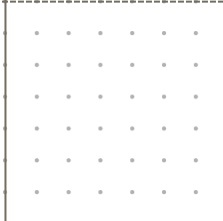
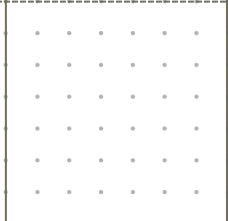
TUESDAY

18

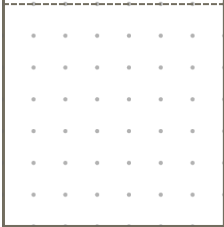
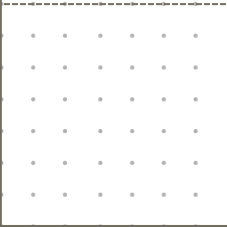
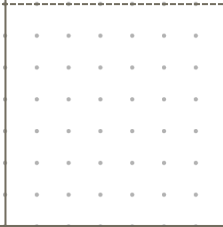
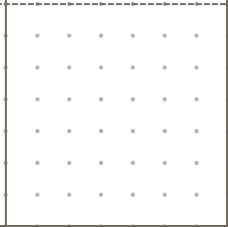
WEDNESDAY

				
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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



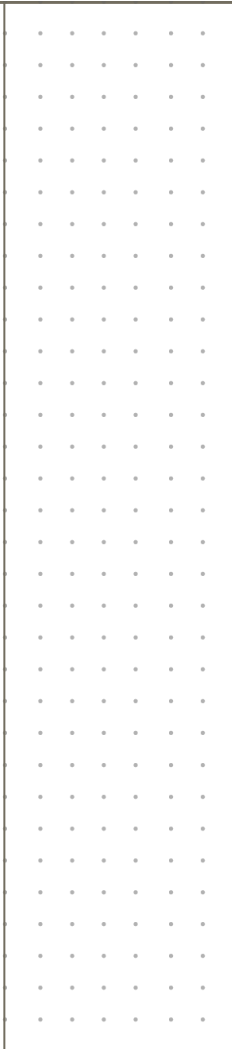
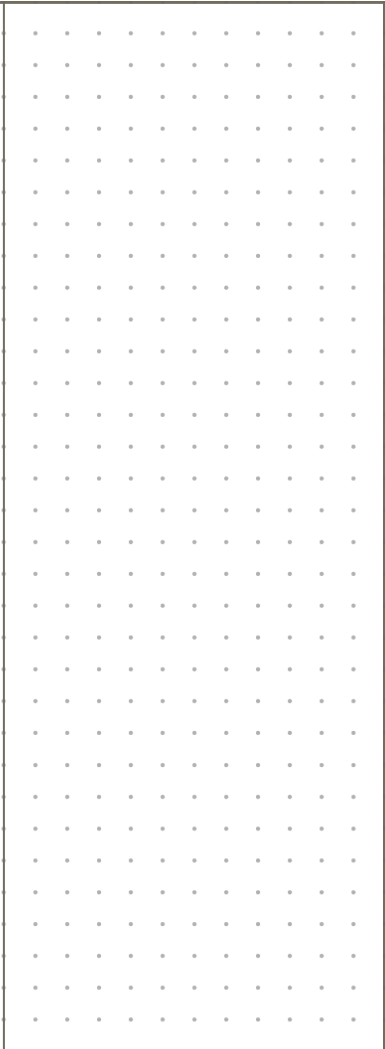
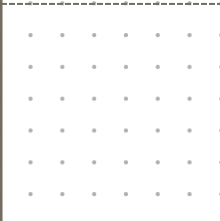
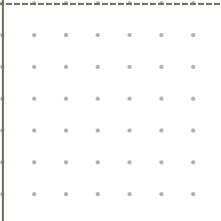
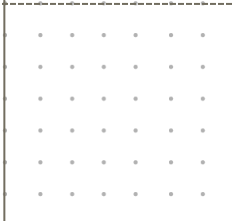

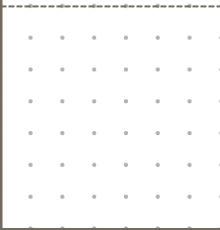
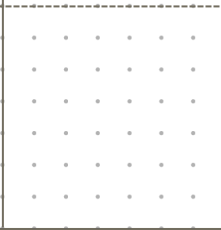
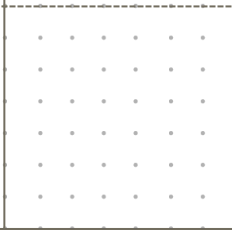
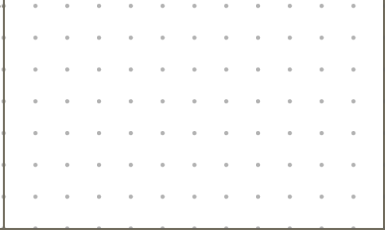
27

FRIDAY

28

SATURDAY

NOTES



# 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

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29

SUNDAY

30

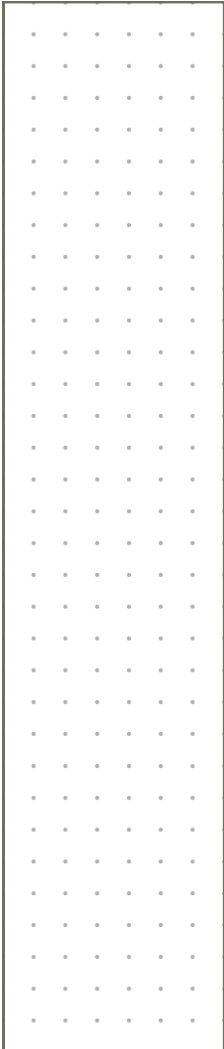



MONDAY

1


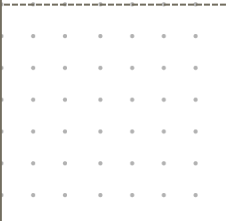
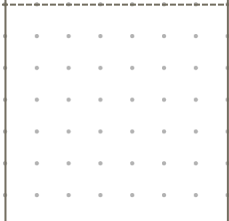
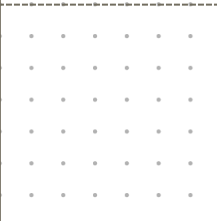
TUESDAY

2

WEDNESDAY

				
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WORKOUT

				
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RUN

				
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3

THURSDAY

4

FRIDAY

5

SATURDAY

NOTES




10

THURSDAY

11

FRIDAY

12

SATURDAY

NOTES


13

SUNDAY

14

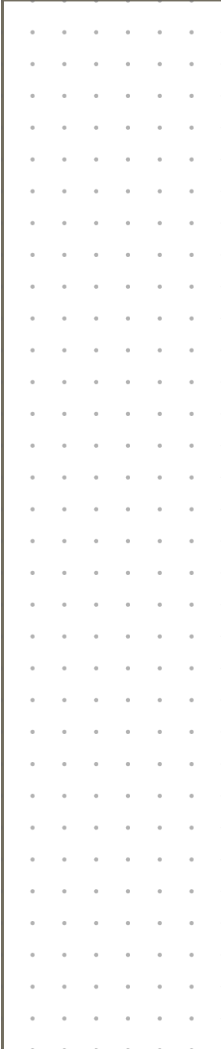
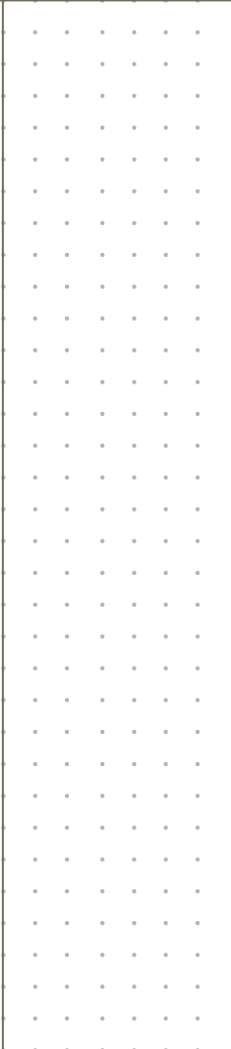


MONDAY

15

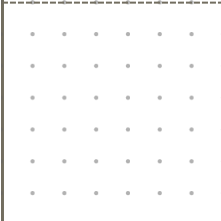
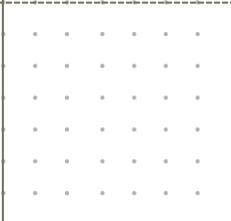
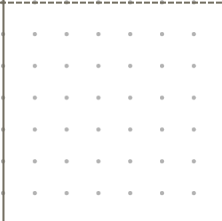
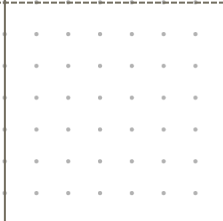
TUESDAY

16

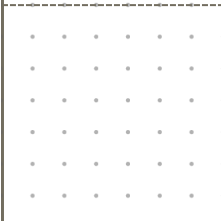
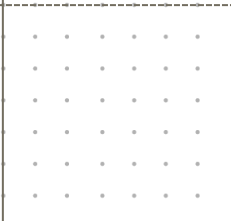
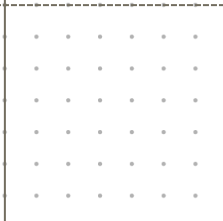
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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17

THURSDAY



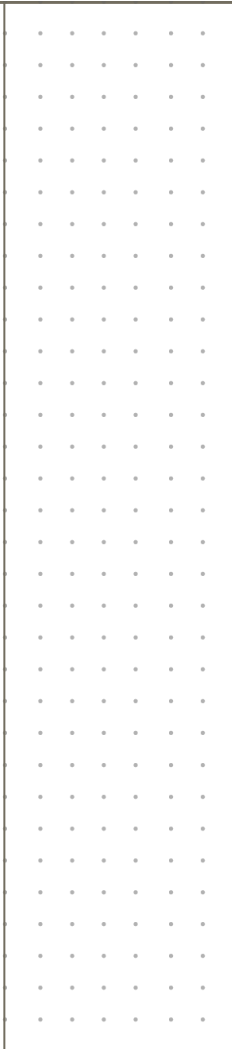
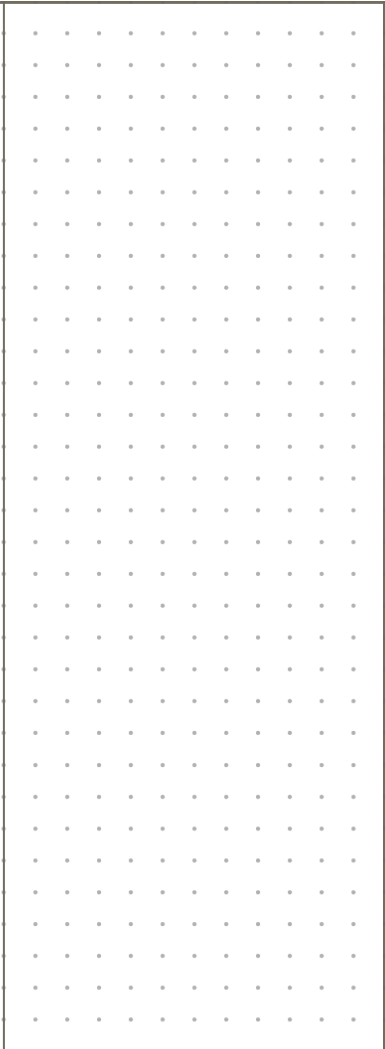
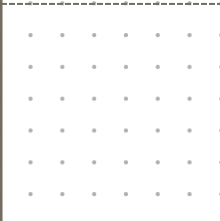
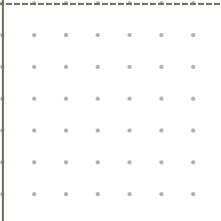
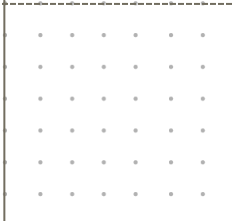

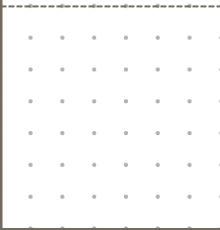
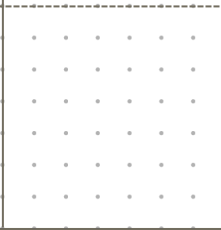
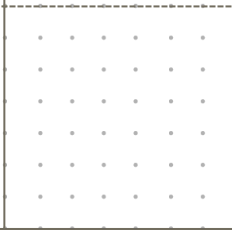
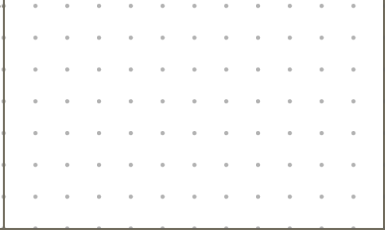
18

FRIDAY

19

SATURDAY

NOTES

20  
SUNDAY

21  
MONDAY

22  
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

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7

THURSDAY

8

FRIDAY

9

SATURDAY

NOTES


10

SUNDAY

11

MONDAY

12

TUESDAY

13

WEDNESDAY

Grid of 30 rows and 5 columns of dots for Sunday.

Grid of 30 rows and 5 columns of dots for Monday.

Grid of 30 rows and 5 columns of dots for Tuesday.

Grid of 30 rows and 5 columns of dots for Wednesday.

WORKOUT

Grid of 15 rows and 5 columns of dots for Sunday workout.

Grid of 15 rows and 5 columns of dots for Monday workout.

Grid of 15 rows and 5 columns of dots for Tuesday workout.

Grid of 15 rows and 5 columns of dots for Wednesday workout.

RUN

Grid of 15 rows and 5 columns of dots for Sunday run.

Grid of 15 rows and 5 columns of dots for Monday run.

Grid of 15 rows and 5 columns of dots for Tuesday run.

Grid of 15 rows and 5 columns of dots for Wednesday run.

14

THURSDAY

15

FRIDAY

16

SATURDAY

NOTES




21

THURSDAY



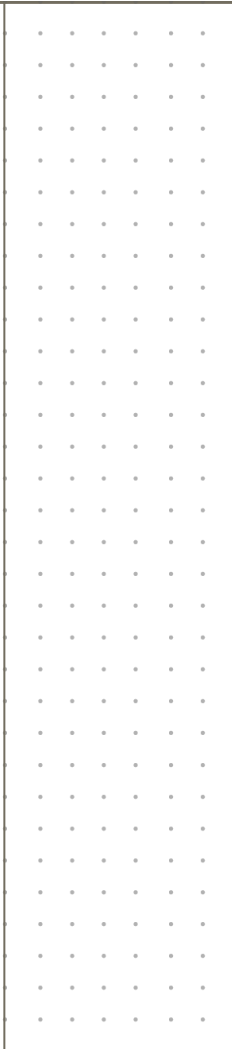
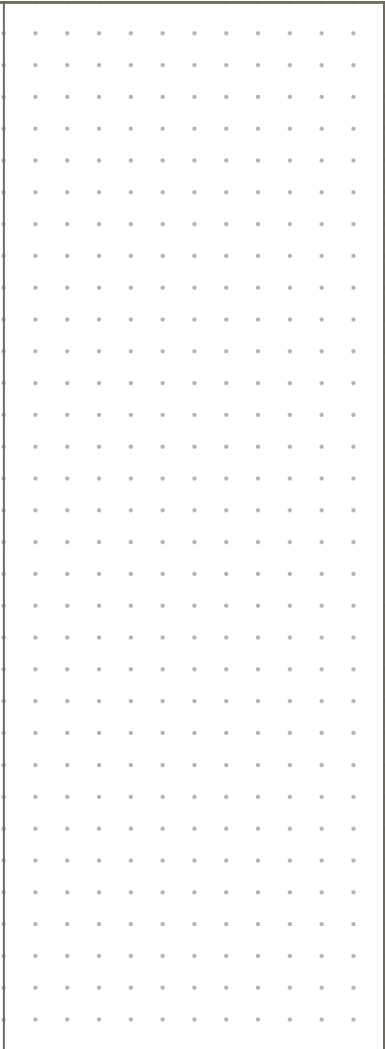
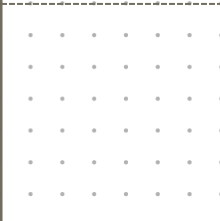
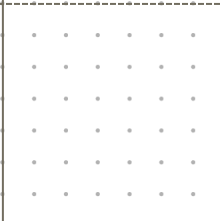
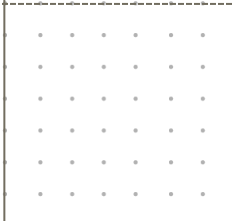



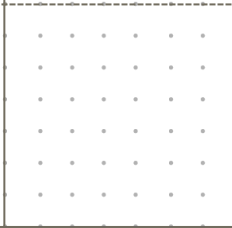

22

FRIDAY

23

SATURDAY

NOTES



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THURSDAY


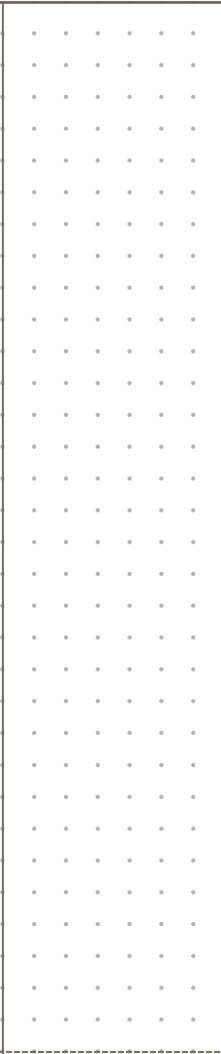
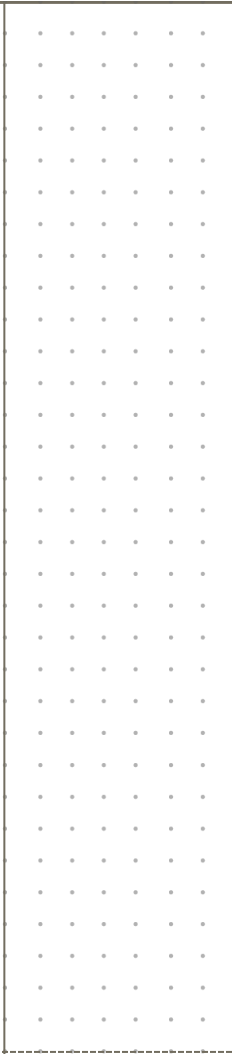
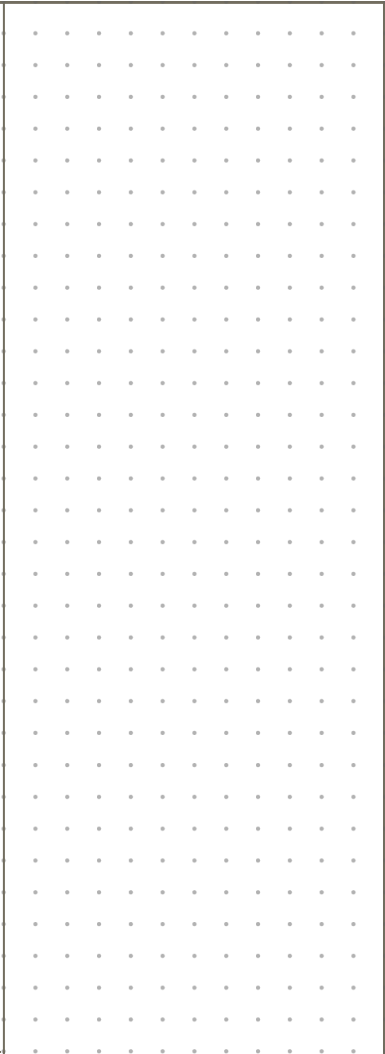






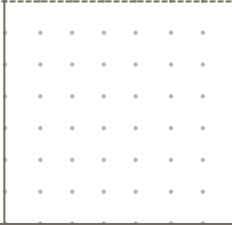

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FRIDAY

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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

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1

SUNDAY

2



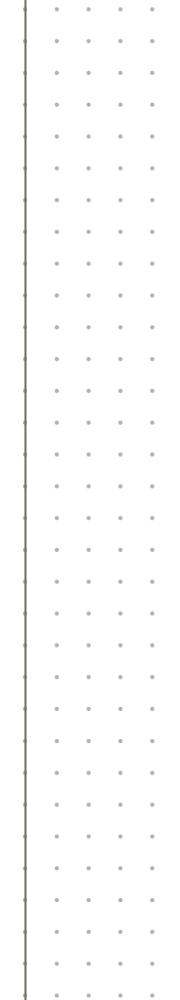
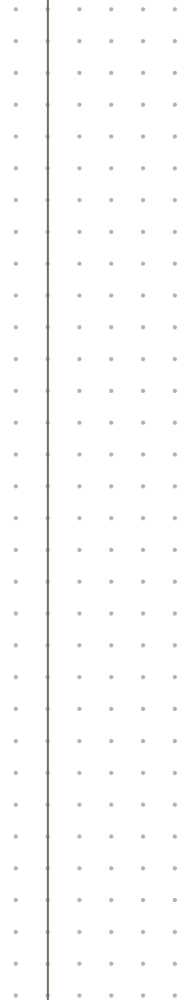
MONDAY

3



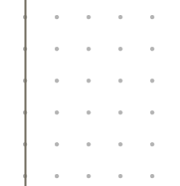
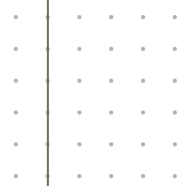
TUESDAY

4



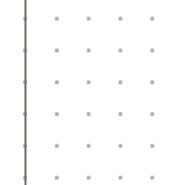
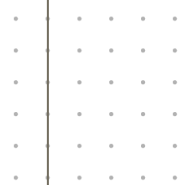
WEDNESDAY

				
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WORKOUT

				
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RUN

				
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5

THURSDAY



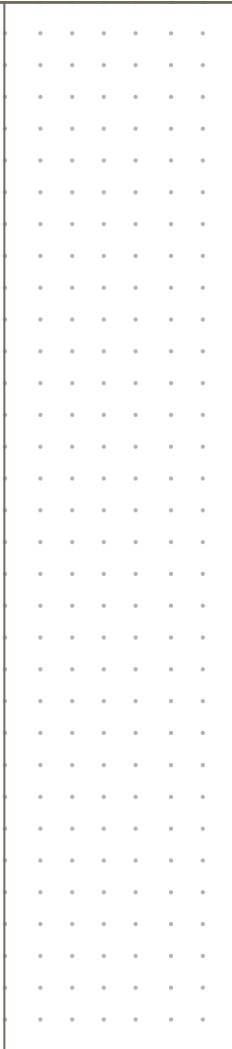
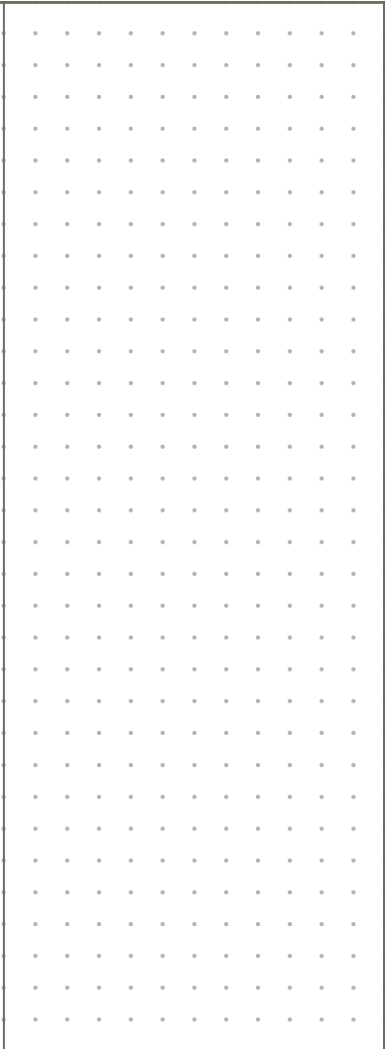
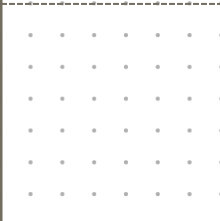
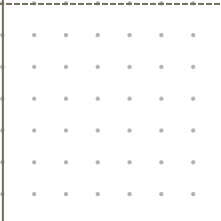
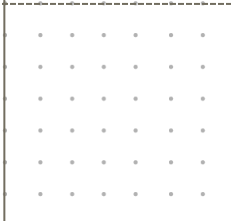

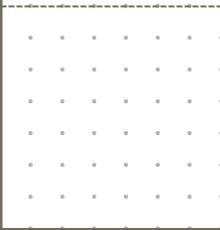
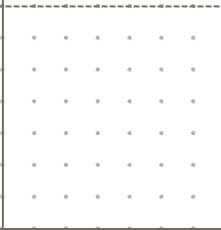
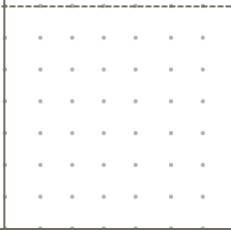
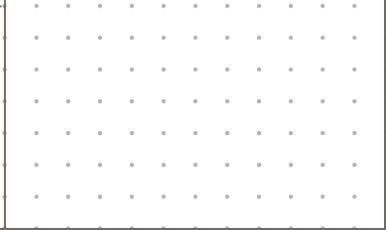
6

FRIDAY

7

SATURDAY

NOTES



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THURSDAY



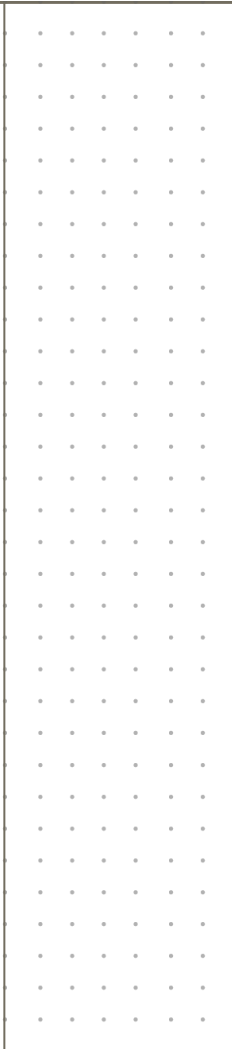
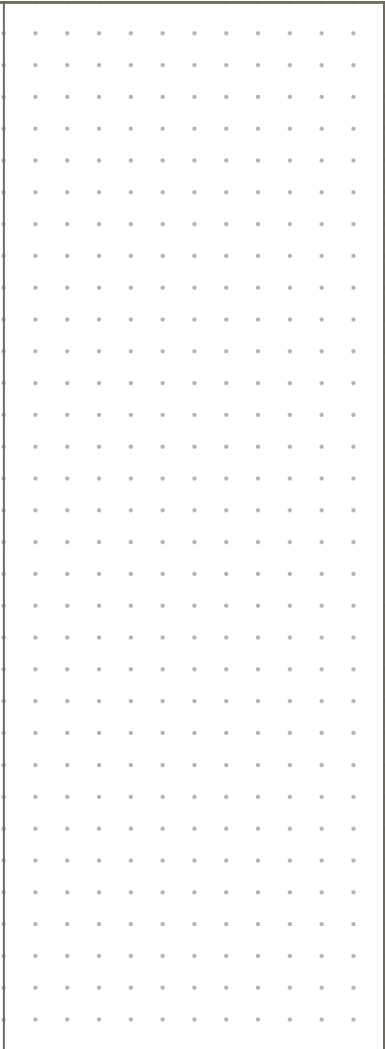
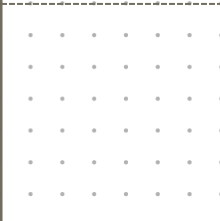
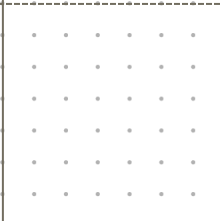
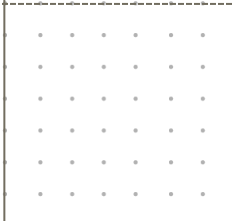



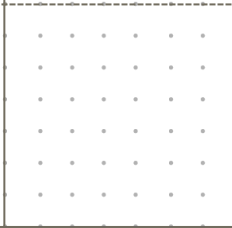

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FRIDAY

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SATURDAY

NOTES

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SUNDAY

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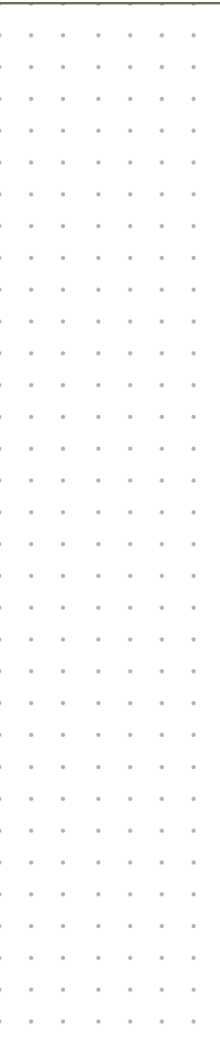

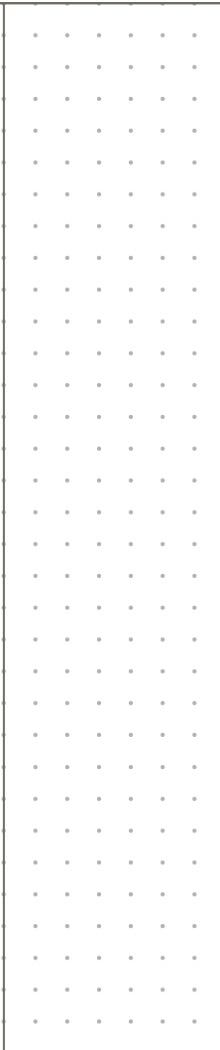
MONDAY

17

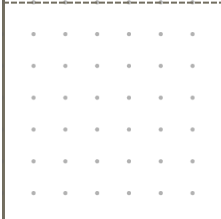
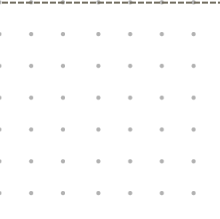
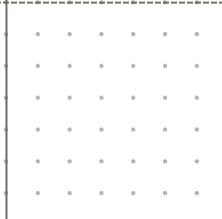
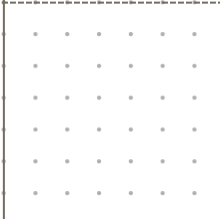
TUESDAY

18

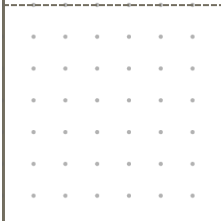
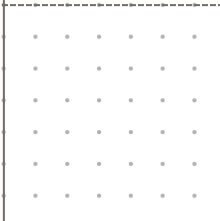
WEDNESDAY

				
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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



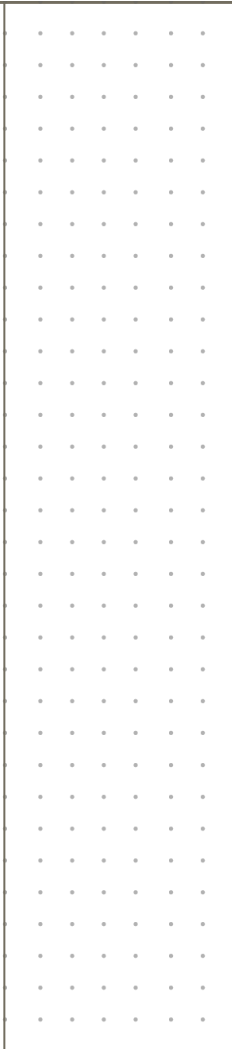
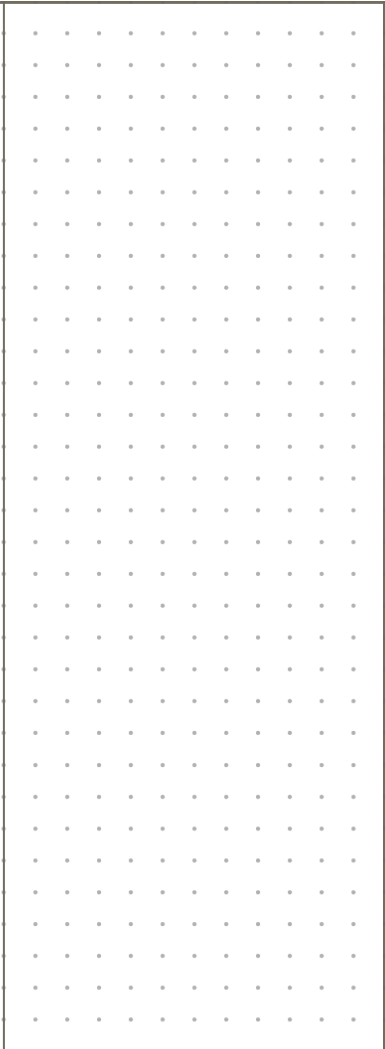
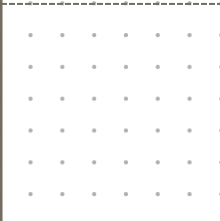
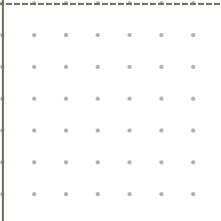
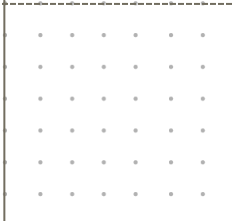

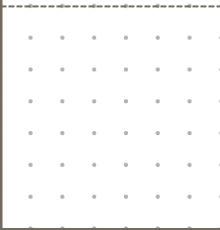
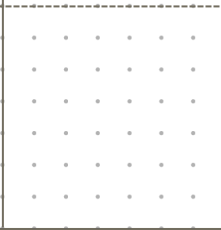
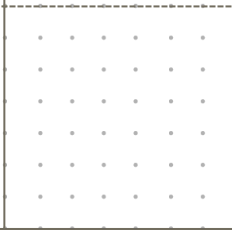
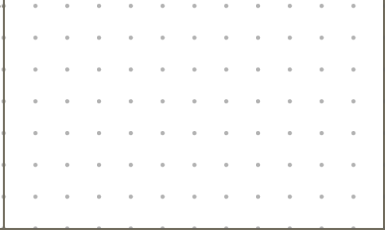
27

FRIDAY

28

SATURDAY

NOTES



2

THURSDAY

3

FRIDAY

4

SATURDAY

NOTES

