

Run 3x/week

IT CENTERS ME, MAKES ME FEEL GOOD, & IT'S AWESOME

	S	M	T	W	T	F	S		S	M	T	W	T	F	S	
							1 2								1 2	
Jan	3	4	5	6	7	8	9		3	4	5	6	7	8	9	
	10	11	12	13	14	15	16		10	11	12	13	14	15	16	
	17	18	19	20	21	22	23		17	18	19	20	21	22	23	
	24	25	26	27	28	29	30		24	25	26	27	28	29	30	
	31	1	2	3	4	5	6		31	1	2	3	4	5	6	
Feb	7	8	9	10	11	12	13		7	8	9	10	11	12	13	
	14	15	16	17	18	19	20		14	15	16	17	18	19	20	
	21	22	23	24	25	26	27		21	22	23	24	25	26	27	
	28	29	1	2	3	4	5		28	29	30	31	1	2	3	
Mar	6	7	8	9	10	11	12		4	5	6	7	8	9	10	
	13	14	15	16	17	18	19		11	12	13	14	15	16	17	
	20	21	22	23	24	25	26		18	19	20	21	22	23	24	
	27	28	29	30	31	1	2		25	26	27	28	29	30	1	
Apr	3	4	5	6	7	8	9		2	3	4	5	6	7	8	
	10	11	12	13	14	15	16		9	10	11	12	13	14	15	
	17	18	19	20	21	22	23		16	17	18	19	20	21	22	
	24	25	26	27	28	29	30		23	24	25	26	27	28	29	
May	1	2	3	4	5	6	7		30	31	1	2	3	4	5	
	8	9	10	11	12	13	14		6	7	8	9	10	11	12	
	15	16	17	18	19	20	21		13	14	15	16	17	18	19	
	22	23	24	25	26	27	28		20	21	22	23	24	25	26	
	29	30	31	1	2	3	4		27	28	29	30	1	2	3	
Jun	5	6	7	8	9	10	11		4	5	6	7	8	9	10	
	12	13	14	15	16	17	18		11	12	13	14	15	16	17	
	19	20	21	22	23	24	25		18	19	20	21	22	23	24	
	26	27	28	29	30				25	26	27	28	29	30	31	
Jul																
Aug																
Sep																
Oct																
Nov																
Dec																

Make a plan & work the plan!

