

View Full Year 2013www.georgesbudget.comCopyright 2013, George Alzamora. All rights reserved.

2013	S	M	T	W	T	F	S	Week	Weight	Goal	Diff
			1	2	3	4	5	1	162	150	12
	6	7	8	9	10	11	12	2	162	150	12
Jan	13	14	15	16	17	18	19	3	163	150	13
	20	21	22	23	24	25	26	4	162	150	12
	27	28	29	30	31	1	2	5	162	150	12
Feb	3	4	5	6	7	8	9	6	161	150	11
	10	11	12	13	14	15	16	7	161	150	11
	17	18	19	20	21	22	23	8	161	150	11
	24	25	26	27	28	1	2	9	161	150	11
Mar	3	4	5	6	7	8	9	10	161	150	11
	10	11	12	13	14	15	16	11	160	150	10
	17	18	19	20	21	22	23	12	160	150	10
	24	25	26	27	28	29	30	13	161	150	11
	31	1	2	3	4	5	6	14	160	150	10
Apr	7	8	9	10	11	12	13	15	160	150	10
	14	15	16	17	18	19	20	16	159	150	9
	21	22	23	24	25	26	27	17	159	150	9
	28	29	30	1	2	3	4	18	160	150	10
May	5	6	7	8	9	10	11	19	159	150	9
	12	13	14	15	16	17	18	20	159	150	9
	19	20	21	22	23	24	25	21	159	150	9
	26	27	28	29	30	31	1	22	158	150	8
Jun	2	3	4	5	6	7	8	23	158	150	8
	9	10	11	12	13	14	15	24	158	150	8
	16	17	18	19	20	21	22	25	157	150	7
	23	24	25	26	27	28	29	26	156	150	6
	30	1	2	3	4	5	6	27	155	150	5
Jul	7	8	9	10	11	12	13	28	156	150	6
	14	15	16	17	18	19	20	29	156	150	6
	21	22	23	24	25	26	27	30	155	150	5
	28	29	30	31	1	2	3	31	155	150	5
Aug	4	5	6	7	8	9	10	32	154	150	4
	11	12	13	14	15	16	17	33	154	150	4
	18	19	20	21	22	23	24	34	155	150	5
	25	26	27	28	29	30	31	35	154	150	4
Sep	1	2	3	4	5	6	7	36	154	150	4
	8	9	10	11	12	13	14	37	153	150	3
	15	16	17	18	19	20	21	38	153	150	3
	22	23	24	25	26	27	28	39	152	150	2
	29	30	1	2	3	4	5	40	152	150	2
Oct	6	7	8	9	10	11	12	41	152	150	2
	13	14	15	16	17	18	19	42	153	150	3
	20	21	22	23	24	25	26	43	153	150	3
	27	28	29	30	31	1	2	44	154	150	4
Nov	3	4	5	6	7	8	9	45	153	150	3
	10	11	12	13	14	15	16	46	152	150	2
	17	18	19	20	21	22	23	47	151	150	1
	24	25	26	27	28	29	30	48	152	150	2
Dec	1	2	3	4	5	6	7	49	150	150	0
	8	9	10	11	12	13	14	50	151	150	1
	15	16	17	18	19	20	21	51	152	150	2
	22	23	24	25	26	27	28	52	152	150	2
	29	30	31					53	151	150	1



Calendar Legend

- Exercised on a day originally scheduled.
- Didn't exercise on an originally scheduled day.
- Exercised on a day not originally scheduled.
e.g., exercised on a rescheduled day
e.g., exercised an extra day during the week
e.g., exercised on a makeup day