

JANUARY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
FEBRUARY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

MARCH								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
APRIL								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

MAY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
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Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
JUNE								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

JULY								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
AUGUST								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

SEPTEMBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
OCTOBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								

NOVEMBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
<b>TOTAL POINTS</b>								
DECEMBER								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
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Distance/Time								
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Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
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