



*"THANK YOU FOR INSPIRING ME TO
SWIM, ROW, BIKE AND RUN"*

CAROLYN TUDOR, TRI JANUARY PARTICIPANT

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY MONDAY

**FEBRUARY
2019**

			1	2	3	4
			DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
5	6	7	8	9	10	11
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
12	13	14 <small>HAPPY VALENTINES DAY</small>	15	16	17	18
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
19	20	21	22	23	24	25
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
26	27	28 <small>TIME TO DOWNLOAD MARCH'S CALENDAR</small>	TOTAL DISTANCE			
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL				

TRIJANUARY.ORG

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