



**“TRI JANUARY MEANS I
HAVE SWAM AND CYCLED FOR
THE FIRST TIME IN YEARS**



JACKIE, TRI JANUARY PARTICIPANT

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2019		1 <i>7 MONTHS IN TO YOUR CHALLENGE. KEEP IT UP.</i>	2	3	4	5
		DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
6	7	8	9	10	11 <i>YOU'RE DOING GREAT</i>	12
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
13	14	15	16	17	18	19
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
20	21	22	23	24	25	26
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
27	28	29	30	31 <i>TIME TO DOWNLOAD YOUR AUGUST CALENDAR</i>	TOTAL DISTANCE	
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL		

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