



**“THANKS FOR THE MOTIVATION
I’M PLEASED I’VE KEPT ON TRI-ING”**

NICKY HARPER, TRI JANUARY PARTICIPANT

WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY MONDAY TUESDAY

**MARCH
2019**

		1	2	3	4	5
		DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
6	7 <i>KEEP BEATING THOSE DISTANCES</i>	8	9	10	11	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 APRIL'S CALENDAR</i>	TOTAL DISTANCE	
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL		

TRI JANUARY.ORG

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