



**“TRI JANUARY HAS ENCOURAGED ME TO GET MOVING”**

**LISA WILLIAMS, TRI JANUARY PARTICIPANT**

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

**MAY 2019**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>		
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
<b>6</b>	<b>7</b> ONE WEEK IN, YOU'RE DOING GREAT!	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
<b>13</b>	<b>14</b>	<b>15</b> HALF WAY, KEEP UP THE GOOD WORK!	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 7 DAYS TO GO, ALMOST THERE	<b>26</b>
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>TOTAL DISTANCE</b>	
DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL	DISTANCE TODAY TOTAL		

**TRI JANUARY.ORG**

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