

MARCH 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
Virtual Training 5 Day Begins! Goal: 625 Steps	6	7	8	8	10	11
12 Goal: 1250 Steps	13	14	15	16	17	18
19 Goal: 1875 Steps	20	21	22	23	24	25
26 Goal: 2500 Steps	27	28	29	30	31	



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Goal: 3125 Steps	3	4	5	6	7	8
9 Goal: 3750 Steps	10	11	12	13	14	15
16 Goal: 4375 Steps	17	18	19	20	21	22
23 Goal: 5000 Steps	24	25	26	27	28	29
30 Goal: 5625 Steps						

APRIL 2022



MAY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 Goal: 6250 Steps	8	9	10	11	12	13
14 Goal: 6875 Steps	15	16	17	18	19	20
21 Goal: 7500 Steps	22	23	24	25	26	27
28 Goal: 8125 Steps	29	30	31			

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Goal: 8750 Steps	5	6	7	8	9	10
11 Goal: 9375 Steps	12	13	14	15	16	17
18 TPC 5k! Goal: 10000 Steps	19 TPC 5k! Goal: 10000 Steps	20	21	22	23	24
25	26	27	28	29	30	

JUNE 2022

