## 2017

## JANUARY

R W S M B
Details

8
R W S M B
Details
15
R W S M B
Details

22
R W S M B
Details

29
R W S M B
Details

5
$M \quad T$

## 2

R W S M B
Details

9
R W S M B Details

16
R W S M B Details

23
R W S M B
Details

30
R W S M B
Details T

R
R W S M B Details 10
R W S M B Details

17
R W S M B Details

24
R W S M B Details

31
R W S M B Details

R W S M B Details

11
R W S M B Details

## 18

R W S M B Details

25
R W S M B Details

1

7

WEARNED RUNS


## 2017 <br> FEBRUARY

<- JANUARY MARCH ->

## EARNED RUNS

| $s$ | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 29 | 30 | 31 | 1 <br> R W S M B <br> Details | 2 <br> R W S M B <br> Details | 3 <br> R W S M B <br> Details | 4 <br> R W S M B <br> Details |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |
| R W S M B | R W S M B | R W S M B |  |  |  |  |
| Details | Details | Details |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |

R=Run; W = Walk; S= Strength work; M= Mobility work; B = Balance work

## 2017 <- FEBRUARY APRIL -> <br> MARCH

## EARNED RUNS

| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 26 | 27 | 28 | 1 <br> R W S M B <br> Details | 2 R W S M B Details | 3 R W S M B Details | 4 <br> R W S M B Details |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |  |
| Details | Details | Details | Details | Details | Details |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

R= Run; $\mathrm{W}=$ Walk; S= Strength work; $M=$ Mobility work; $B=$ Balance work
R = Run; W = Walk; S = Strength; M = Mobility; B = Balance

## 2017 <- MARCH MAY ->

APRIL

## \#EARNED RUNS

| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 <br> R W S M B Details |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| R W S M B Details |  |  |  |  |  |  |

R= Run; W = Walk; S= Strength work; M= Mobility work; B = Balance work


| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
|  | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
|  | Details | Details | Details | Details | Details | Details |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| R W S M B | R W S M B | R W S M B | R W S M B |  |  |  |
| Details | Details | Details | Details |  |  |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |

R= Run; $\mathrm{W}=$ Walk; S= Strength work; $M=$ Mobility work; $B=$ Balance work

## EARNED RUNS

| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 28 | 29 | 30 | 31 | 1 <br> R W S M B <br> Details | 2 R W S M B Details | 3 <br> R W S M B <br> Details |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |  |
| Details | Details | Details | Details | Details | Details |  |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

$R=$ Run; $W=$ Walk; $S=$ Strenath work; $M=$ Mobility work; $B=$ Balance work

## <-JUNE AUGUST ->



R=Run; W = Walk; S= Strength work; M= Mobility work; B = Balance work

## EARNED RUNS

## AUGUST

| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
|  |  | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
|  |  | Details | Details | Details | Details | Details |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |  |  |
| Details | Details | Details | Details | Details |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

R=Run; W = Walk; S= Strength work; M= Mobility work; B = Balance work

## 2017 <-AUGUST OCTOBER-> <br> SEPTEMBER

## EARNED RUNS

| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 27 | 28 | 29 | 30 | 31 | 1 <br> R W S M B <br> Details | 2 <br> R W S M B Details |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| R= Run; W = Walk; S= Strength work; M= Mobility work; = Balance work |  |  |  |  |  |  |

OCTOBER

## EARNED RUNS



R= Run; W = Walk; S= Strength work; M= Mobility work; B = Balance work

## NOVEMBER

## EARNED RUNS



## EARNED RUNS

| S | M | T | W | T | F | S |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 26 | 27 | 28 | 29 | 30 | 1 <br> R W S M B Details | 2 <br> R W S M B Details |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B | R W S M B |
| Details | Details | Details | Details | Details | Details | Details |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| R W S M B Details |  |  |  |  |  |  |

R= Run; W = Walk; S= Strength work; M= Mobility work; B = Balance work

