



# January

| * 📅 |  |  |  |  |  |  | Monday |  | Tuesday |  | Wednesday |  |  |
|-----|--|--|--|--|--|--|--------|--|---------|--|-----------|--|--|
|     |  |  |  |  |  |  | 29     |  | 30      |  | 31        |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |
|     |  |  |  |  |  |  |        |  |         |  |           |  |  |

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 1        | 2      | 3        | 4      |
| 8        | 9      | 10       | 11     |
| 15       | 16     | 17       | 18     |
| 22       | 23     | 24       | 25     |
| 29       | 30     | 31       | 1      |

# February



Monday

Tuesday

Wednesday

26

27

28

2

3

4

9

10

11

16

17

18

## January

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| 1 | 2 | 3 | 4 |
|---|---|---|---|
|---|---|---|---|

5    6    7    8    9    10    11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

## March

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30 31

23

24

25

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 29       | 30     | 31       | 1      |
| 5        | 6      | 7        | 8      |
| 12       | 13     | 14       | 15     |
| 19       | 20     | 21       | 22     |
| 26       | 27     | 28       | 1      |

# March



Monday

Tuesday

Wednesday

23

24

25

2

3

4

9

10

11

16

17

18

## February

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28

## April

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1 2 3 4 5

6 7 8 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30

23

24

25

30

31

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 26       | 27     | 28       | 1      |
| 5        | 6      | 7        | 8      |
| 12       | 13     | 14       | 15     |
| 19       | 20     | 21       | 22     |
| 26       | 27     | 28       | 29     |

# April



Monday

Tuesday

Wednesday

30

31

1

6

7

8

13

14

15

20

21

22

## March

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30 31

## May

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1 2 3

4    5    6    7    8    9    10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

27

28

29



# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 2        | 3      | 4        | 5      |
| 9        | 10     | 11       | 12     |
| 16       | 17     | 18       | 19     |
| 23       | 24     | 25       | 26     |
| 30       | 1      | 2        | 3      |

# May



Monday

Tuesday

Wednesday

27

28

29

4

5

6

11

12

13

18

19

20

## April

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1      2      3      4      5

6 7 8 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30

## June

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
|---|---|---|---|---|---|---|

8    9    10    11    12    13    14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

25

26

27

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 30       | 1      | 2        | 3      |
| 7        | 8      | 9        | 10     |
| 14       | 15     | 16       | 17     |
| 21       | 22     | 23       | 24     |
| 28       | 29     | 30       | 31     |

# June

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 4        | 5      | 6        | 7      |
| 11       | 12     | 13       | 14     |
| 18       | 19     | 20       | 21     |
| 25       | 26     | 27       | 28     |
| 2        | 3      | 4        | 5      |

# July



Monday

Tuesday

Wednesday

29

30

1

6

7

8

13

14

15

20

21

22

## June

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

## August

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

31

27

28

29

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 2        | 3      | 4        | 5      |
| 9        | 10     | 11       | 12     |
| 16       | 17     | 18       | 19     |
| 23       | 24     | 25       | 26     |
| 30       | 31     | 1        | 2      |

# August

Monday

Tuesday

Wednesday

27

28

29

3

4

5

10

11

12

17

18

19

July

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1      2      3      4      5

6 7 8 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30 31

September

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1    2    3    4    5    6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30

24

25

26

31



# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 30       | 31     | 1        | 2      |
| 6        | 7      | 8        | 9      |
| 13       | 14     | 15       | 16     |
| 20       | 21     | 22       | 23     |
| 27       | 28     | 29       | 30     |

# September



Monday

Tuesday

Wednesday

31

1

2

7

8

9

14

15

16

21

22

23

## August

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| 1 | 2 |
|---|---|
|---|---|

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

31

## October

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

|   | 1   | 2   | 3   | 4   |
|---|-----|-----|-----|-----|
| 1 | 0   | 0.5 | 0.5 | 0.5 |
| 2 | 0.5 | 0   | 0.5 | 0.5 |
| 3 | 0.5 | 0.5 | 0   | 0.5 |
| 4 | 0.5 | 0.5 | 0.5 | 0   |

5    6    7    8    9    10    11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

28

29

30

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 3        | 4      | 5        | 6      |
| 10       | 11     | 12       | 13     |
| 17       | 18     | 19       | 20     |
| 24       | 25     | 26       | 27     |
| 1        | 2      | 3        | 4      |

# October



Monday

Tuesday

Wednesday

28

29

30

5

6

7

12

13

14

19

20

21

## September

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|
|---|---|---|---|---|---|

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30

## November

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30

26

27

28

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 1        | 2      | 3        | 4      |
| 8        | 9      | 10       | 11     |
| 15       | 16     | 17       | 18     |
| 22       | 23     | 24       | 25     |
| 29       | 30     | 31       | 1      |

# November



Monday

Tuesday

Wednesday

26

27

28

2

3

4

9

10

11

16

17

18

## October

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| 1 | 2 | 3 | 4 |
|---|---|---|---|
|---|---|---|---|

5    6    7    8    9    10    11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

## December

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|
|---|---|---|---|---|---|

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

23

24

25

30

# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 29       | 30     | 31       | 1      |
| 5        | 6      | 7        | 8      |
| 12       | 13     | 14       | 15     |
| 19       | 20     | 21       | 22     |
| 26       | 27     | 28       | 29     |

# December



Monday

Tuesday

Wednesday

30

1

2

7

8

9

14

15

16

21

22

23

## November

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30

## January

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1 2 3

4    5    6    7    8    9    10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

28

29

30



# 2009

| Thursday | Friday | Saturday | Sunday |
|----------|--------|----------|--------|
| 3        | 4      | 5        | 6      |
| 10       | 11     | 12       | 13     |
| 17       | 18     | 19       | 20     |
| 24       | 25     | 26       | 27     |
| 31       | 1      | 2        | 3      |

Week 1

Monday 29 Dec

6

8

10

12

2

4

6

8

Tuesday 30 Dec

6

8

10

12

2

4

6

8

Wednesday 31 Dec

6

8

10

12

2

4

6

8

Thursday 1 Jan

6

8

10

12

2

4

6

8

# Dec 2008 – Jan 2009

Friday 2 Jan \_\_\_\_\_  



|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 3 Jan \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 4 Jan \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Week 2

Monday 5 Jan

✓

6

8

10

12

2

4

6

8

Tuesday 6 Jan

✓

6

8

10

12

2

4

6

8

Wednesday 7 Jan

✓

6

8

10

12

2

4

6

8

Thursday 8 Jan

✓

6

8

10

12

2

4

6

8

# Jan 2009

Friday 9 Jan 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Saturday 10 Jan 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Sunday 11 Jan 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Notes 🔍 ✓

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

Week 3

Monday 12 Jan

6

8

10

12

2

4

6

8

Tuesday 13 Jan

6

8

10

12

2

4

6

8

Wednesday 14 Jan

6

8

10

12

2

4

6

8

Thursday 15 Jan

6

8

10

12

2

4

6

8

# Jan 2009

Friday 16 Jan



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 17 Jan



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 18 Jan



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 4

Monday 19 Jan

✓

6

8

10

12

2

4

6

8

Tuesday 20 Jan

✓

6

8

10

12

2

4

6

8

Wednesday 21 Jan

✓

6

8

10

12

2

4

6

8

Thursday 22 Jan

✓

6

8

10

12

2

4

6

8



Friday 23 Jan.



6

8

10

12

2

4

6

8

Saturday 24 Jan.



6

8

10

12

2

4

6

8

Sunday 25 Jan.



6

8

10

12

2

4

6

8

## Notes



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

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

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

Week 5

Monday 26 Jan

✓

6

8

10

12

2

4

6

8

Tuesday 27 Jan

✓

6

8

10

12

2

4

6

8

Wednesday 28 Jan

✓

6

8

10

12

2

4

6

8

Thursday 29 Jan

✓

6

8

10

12

2

4

6

8

# Jan – Feb 2009

Friday 30 Jan



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 31 Jan



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 1 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 6

Monday 2 Feb

✓

6

8

10

12

2

4

6

8

Tuesday 3 Feb

✓

6

8

10

12

2

4

6

8

Wednesday 4 Feb

✓

6

8

10

12

2

4

6

8

Thursday 5 Feb

✓

6

8

10

12

2

4

6

8

# Feb 2009

## Friday 6 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

## Saturday 7 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

## Sunday 8 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

## Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 7

Monday 9 Feb

✓

6

8

10

12

2

4

6

8

Tuesday 10 Feb

✓

6

8

10

12

2

4

6

8

Wednesday 11 Feb

✓

6

8

10

12

2

4

6

8

Thursday 12 Feb

✓

6

8

10

12

2

4

6

8

# Feb 2009

Friday 13 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 14 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 15 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 8

Monday 16 Feb

6

8

10

12

2

4

6

8

Tuesday 17 Feb

6

8

10

12

2

4

6

8

Wednesday 18 Feb

6

8

10

12

2

4

6

8

Thursday 19 Feb

6

8

10

12

2

4

6

8



Friday 20 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 21 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 22 Feb



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 9

Monday 23 Feb

6

8

10

12

2

4

6

8

Tuesday 24 Feb

6

8

10

12

2

4

6

8

Wednesday 25 Feb

6

8

10

12

2

4

6

8

Thursday 26 Feb

6

8

10

12

2

4

6

8

## Feb – Mar 2009

Friday 27 Feb\_\_\_\_\_



8

Saturday 28 Feb\_\_\_\_\_



8

Sunday 1 Mar



8

## Notes



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

# Week 10

Monday 2 Mar

✓

6

8

10

12

2

4

6

8

Tuesday 3 Mar

✓

6

8

10

12

2

4

6

8

Wednesday 4 Mar

✓

6

8

10

12

2

4

6

8

Thursday 5 Mar

✓

6

8

10

12

2

4

6

8

Friday 6 Mar ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 7 Mar ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 8 Mar ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes ↔ ✓

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

# Week 11

Monday 9 Mar

✓

6

8

10

12

2

4

6

8

Tuesday 10 Mar

✓

6

8

10

12

2

4

6

8

Wednesday 11 Mar

✓

6

8

10

12

2

4

6

8

Thursday 12 Mar

✓

6

8

10

12

2

4

6

8

Friday 13 Mar  ✓

6

8

10

12

2

4

6

8

Saturday 14 Mar  ✓

6

8

10

12

2

4

6

8

Sunday 15 Mar  ✓

6

8

10

12

2

4

6

8

Notes  ✓

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

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

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

Week 12

Monday 16 Mar

6

8

10

12

2

4

6

8

Tuesday 17 Mar

6

8

10

12

2

4

6

8

Wednesday 18 Mar

6

8

10

12

2

4

6

8

Thursday 19 Mar

6

8

10

12

2

4

6

8



Friday 20 Mar

6

8

10

12

2

4

6

8

Saturday 21 Mar

6

8

10

12

2

4

6

8

Sunday 22 Mar

6

8

10

12

2

4

6

8

Notes

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

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

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

# Week 13

Monday 23 Mar

6

8

10

12

2

4

6

8

Tuesday 24 Mar

6

8

10

12

2

4

6

8

Wednesday 25 Mar

6

8

10

12

2

4

6

8

Thursday 26 Mar

6

8

10

12

2

4

6

8

Friday 27 Mar  ✓

6

8

10

12

2

4

6

8

Saturday 28 Mar  ✓

6

8

10

12

2

4

6

8

Sunday 29 Mar  ✓

6

8

10

12

2

4

6

8

Notes  ✓

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

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

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

Week 14

Monday 30 Mar

✓

6

8

10

12

2

4

6

8

Tuesday 31 Mar

✓

6

8

10

12

2

4

6

8

Wednesday 1 Apr

✓

6

8

10

12

2

4

6

8

Thursday 2 Apr

✓

6

8

10

12

2

4

6

8

Friday 3 Apr 🔍 ✓

6

8

10

12

2

4

6

8

Saturday 4 Apr 🔍 ✓

6

8

10

12

2

4

6

8

Sunday 5 Apr 🔍 ✓

6

8

10

12

2

4

6

8

Notes 🔍 ✓

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

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

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

# Week 15

Monday 6 Apr

6

8

10

12

2

4

6

8

Tuesday 7 Apr

6

8

10

12

2

4

6

8

Wednesday 8 Apr

6

8

10

12

2

4

6

8

Thursday 9 Apr

6

8

10

12

2

4

6

8

# Apr 2009

Friday 10 Apr ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 11 Apr ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 12 Apr ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes ↔ ✓

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

# Week 16

Monday 13 Apr

6

8

10

12

2

4

6

8

Tuesday 14 Apr

6

8

10

12

2

4

6

8

Wednesday 15 Apr

6

8

10

12

2

4

6

8

Thursday 16 Apr

6

8

10

12

2

4

6

8



# Apr 2009

Friday 17 Apr ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 18 Apr ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 19 Apr ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes ↔ ✓

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 17

Monday 20 Apr

6

8

10

12

2

4

6

8

Tuesday 21 Apr

6

8

10

12

2

4

6

8

Wednesday 22 Apr

6

8

10

12

2

4

6

8

Thursday 23 Apr

6

8

10

12

2

4

6

8

# Apr 2009

Friday 24 Apr



6

8

10

12

2

4

6

8

Saturday 25 Apr



6

8

10

12

2

4

6

8

Sunday 26 Apr



6

8

10

12

2

4

6

8

Notes



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

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

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

Week 18

Monday 27 Apr

6

8

10

12

2

4

6

8

Tuesday 28 Apr

6

8

10

12

2

4

6

8

Wednesday 29 Apr

6

8

10

12

2

4

6

8

Thursday 30 Apr

6

8

10

12

2

4

6

8

## Apr – May 2009

Friday 1 May.




6

8

10

12

2


4


6

8


Saturday 2 May











6

8

10

12

2

4

6

8

Sunday 3 May.




6

8

10

12

2

4

6

8

## Notes




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

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

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

# Week 19

Monday 4 May

6

8

10

12

2

4

6

8

Tuesday 5 May

6

8

10

12

2

4

6

8

Wednesday 6 May

6

8

10

12

2

4

6

8

Thursday 7 May

6

8

10

12

2

4

6

8

Friday 8 May  ✓

6

8

10

12

2

4

6

8

Saturday 9 May  ✓

6

8

10

12

2

4

6

8

Sunday 10 May  ✓

6

8

10

12

2

4

6

8

Notes  ✓

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

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

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

Week 20

Monday 11 May

6

8

10

12

2

4

6

8

Tuesday 12 May

6

8

10

12

2

4

6

8

Wednesday 13 May

6

8

10

12

2

4

6

8

Thursday 14 May

6

8

10

12

2

4

6

8



Friday 15 May  ✓

6

8

10

12

2

4

6

8

Saturday 16 May  ✓

6

8

10

12

2

4

6

8

Sunday 17 May  ✓

6

8

10

12

2

4

6

8

Notes  ✓

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

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

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

# Week 21

Monday 18 May

6

8

10

12

2

4

6

8

Tuesday 19 May

6

8

10

12

2

4

6

8

Wednesday 20 May

6

8

10

12

2

4

6

8

Thursday 21 May

6

8

10

12

2

4

6

8

Friday 22 May

✓

6

8

10

12

2

4

6

8

Saturday 23 May

✓

6

8

10

12

2

4

6

8

Sunday 24 May

✓

6

8

10

12

2

4

6

8

Notes

✓

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

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

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

# Week 22

Monday 25 May

6

8

10

12

2

4

6

8

Tuesday 26 May

6

8

10

12

2

4

6

8

Wednesday 27 May

6

8

10

12

2

4

6

8

Thursday 28 May

6

8

10

12

2

4

6

8

Friday 29 May  ✓

6

8

10

12

2

4

6

8

Saturday 30 May  ✓

6

8

10

12

2

4

6

8

Sunday 31 May  ✓

6

8

10

12

2

4

6

8

Notes  ✓

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

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

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

Week 23

Monday 1 Jun

✓

6

8

10

12

2

4

6

8

Tuesday 2 Jun

✓

6

8

10

12

2

4

6

8

Wednesday 3 Jun

✓

6

8

10

12

2

4

6

8

Thursday 4 Jun

✓

6

8

10

12

2

4

6

8

# Jun 2009

Friday 5 Jun 🔍 ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 6 Jun 🔍 ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 7 Jun 🔍 ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes 🔍 ✓

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

# Week 24

Monday 8 Jun

6

8

10

12

2

4

6

8

Tuesday 9 Jun

6

8

10

12

2

4

6

8

Wednesday 10 Jun

6

8

10

12

2

4

6

8

Thursday 11 Jun

6

8

10

12

2

4

6

8



# Jun 2009

Friday 12 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 13 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 14 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

Week 25

Monday 15 Jun

6

8

10

12

2

4

6

8

Tuesday 16 Jun

6

8

10

12

2

4

6

8

Wednesday 17 Jun

6

8

10

12

2

4

6

8

Thursday 18 Jun

6

8

10

12

2

4

6

8

# Jun 2009

Friday 19 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 20 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 21 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

Week 26

Monday 22 Jun

6

8

10

12

2

4

6

8

Tuesday 23 Jun

6

8

10

12

2

4

6

8

Wednesday 24 Jun

6

8

10

12

2

4

6

8

Thursday 25 Jun

6

8

10

12

2

4

6

8

# Jun 2009

Friday 26 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 27 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 28 Jun



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 27

Monday 29 Jun

✓

6

8

10

12

2

4

6

8

Tuesday 30 Jun

✓

6

8

10

12

2

4

6

8

Wednesday 1 Jul

✓

6

8

10

12

2

4

6

8

Thursday 2 Jul

✓

6

8

10

12

2

4

6

8

# Jun – Jul 2009

Friday 3 Jul



|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Saturday 4 Jul



|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Sunday 5 Jul



|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Notes



|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

# Week 28

Monday 6 Jul

✓

6

8

10

12

2

4

6

8

Tuesday 7 Jul

✓

6

8

10

12

2

4

6

8

Wednesday 8 Jul

✓

6

8

10

12

2

4

6

8

Thursday 9 Jul

✓

6

8

10

12

2

4

6

8



# Jul 2009

Friday 10 Jul 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Saturday 11 Jul 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Sunday 12 Jul 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Notes 🔍 ✓

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

# Week 29

Monday 13 Jul

6

8

10

12

2

4

6

8

Tuesday 14 Jul

6

8

10

12

2

4

6

8

Wednesday 15 Jul

6

8

10

12

2

4

6

8

Thursday 16 Jul

6

8

10

12

2

4

6

8

# Jul 2009

Friday 17 Jul 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Saturday 18 Jul 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Sunday 19 Jul 🔍 ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Notes 🔍 ✓

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

Week 30

Monday 20 Jul

✓

6

8

10

12

2

4

6

8

Tuesday 21 Jul

✓

6

8

10

12

2

4

6

8

Wednesday 22 Jul

✓

6

8

10

12

2

4

6

8

Thursday 23 Jul

✓

6

8

10

12



2

4

6

8

# Jul 2009

Friday 24 Jul  

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 25 Jul  

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 26 Jul  

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes  

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 31

Monday 27 Jul

✓

6

8

10

12

2

4

6

8

Tuesday 28 Jul

✓

6

8

10

12

2

4

6

8

Wednesday 29 Jul

✓

6

8

10

12

2

4

6

8

Thursday 30 Jul

✓

6

8

10

12



2

4

6

8



Jul – Aug 2009

Friday 31 Jul  

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Saturday 1 Aug  

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Sunday 2 Aug  

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Notes  

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

Week 32

Monday 3 Aug

✓

6

8

10

12

2

4

6

8

Tuesday 4 Aug

✓

6

8

10

12

2

4

6

8

Wednesday 5 Aug

✓

6

8

10

12

2

4

6

8

Thursday 6 Aug

✓

6

8

10

12

2

4

6

8



# Aug 2009

Friday 7 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 8 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 9 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 33

Monday 10 Aug

✓

6

8

10

12

2

4

6

8

Tuesday 11 Aug

✓

6

8

10

12

2

4

6

8

Wednesday 12 Aug

✓

6

8

10

12

2

4

6

8

Thursday 13 Aug

✓

6

8

10

12

2

4

6

8

# Aug 2009

Friday 14 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 15 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 16 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 34

Monday 17 Aug

6

8

10

12

2

4

6

8

Tuesday 18 Aug

6

8

10

12

2

4

6

8

Wednesday 19 Aug

6

8

10

12

2

4

6

8

Thursday 20 Aug

6

8

10

12

2

4

6

8

# Aug 2009

Friday 21 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 22 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 23 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 35

Monday 24 Aug

Tuesday 25 Aug

Wednesday 26 Aug

Thursday 27 Aug

# Aug 2009

Friday 28 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 29 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 30 Aug



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 36

Monday 31 Aug

✓

6

8

10

12

2

4

6

8

Tuesday 1 Sep

✓

6

8

10

12

2

4

6

8

Wednesday 2 Sep

✓

6

8

10

12

2

4

6

8

Thursday 3 Sep

✓

6

8

10

12

2



4

6

8



# Aug – Sep 2009

Friday 4 Sep \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 5 Sep \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 6 Sep \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

Week 37

Monday 7 Sep

✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Tuesday 8 Sep

✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Wednesday 9 Sep

✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Thursday 10 Sep

✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

# Sep 2009

Friday 11 Sep



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 12 Sep



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 13 Sep



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 38

Monday 14 Sep

✓

6

8

10

12

2

4

6

8

Tuesday 15 Sep

✓

6

8

10

12

2

4

6

8

Wednesday 16 Sep

✓

6

8

10

12

2

4

6

8

Thursday 17 Sep

✓

6

8

10

12

2

4

6

8

# Sep 2009

## Friday 18 Sep



|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

## Saturday 19 Sep



|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

## Sunday 20 Sep



|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

## Notes



|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

Week 39

Monday 21 Sep

✓

6

8

10

12

2

4

6

8

Tuesday 22 Sep

✓

6

8

10

12

2

4

6

8

Wednesday 23 Sep

✓

6

8

10

12

2

4

6

8

Thursday 24 Sep

✓

6

8

10

12

2

4

6

8

# Sep 2009

Friday 25 Sep



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 26 Sep



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 27 Sep



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 40

Monday 28 Sep

6

8

10

12

2

4

6

8

Tuesday 29 Sep

6

8

10

12

2

4

6

8

Wednesday 30 Sep

6

8

10

12

2

4

6

8

Thursday 1 Oct

6

8

10

12

2

4

6

8



# Sep – Oct 2009

Friday 2 Oct



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 3 Oct



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 4 Oct



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

# Week 41

Monday 5 Oct

6

8

10

12

2

4

6

8

Tuesday 6 Oct

6

8

10

12

2

4

6

8

Wednesday 7 Oct

6

8

10

12

2

4

6

8

Thursday 8 Oct

6

8

10



12

2

4

6

8

Friday 9 Oct \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 10 Oct \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 11 Oct \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

Week 42

Monday 12 Oct

6

8

10

12

2

4

6

8

Tuesday 13 Oct

6

8

10

12

2

4

6

8

Wednesday 14 Oct

6

8

10

12

2

4

6

8

Thursday 15 Oct

6

8

10

12

2

4

6

8

Friday 16 Oct ↔ ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Saturday 17 Oct ↔ ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Sunday 18 Oct ↔ ✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Notes ↔ ✓

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

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

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

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

Week 43

Monday 19 Oct

6

8

10

12

2

4

6

8

Tuesday 20 Oct

6

8

10

12

2

4

6

8

Wednesday 21 Oct

6

8

10

12

2

4

6

8

Thursday 22 Oct

6

8

10

12

2

4

6

8

Friday 23 Oct 🔍 ✓

6

8

10

12

2

4

6

8

Saturday 24 Oct 🔍 ✓

6

8

10

12

2

4

6

8

Sunday 25 Oct 🔍 ✓

6

8

10

12

2

4

6

8

Notes 🔍 ✓

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

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

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

Week 44

Monday 26 Oct

6

8

10

12

2

4

6

8

Tuesday 27 Oct

6

8

10

12

2

4

6

8

Wednesday 28 Oct

6

8

10

12

2

4

6

8

Thursday 29 Oct

6

8

10

12

2



4

6


8



# Oct – Nov 2009

Friday 30 Oct \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 31 Oct \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 1 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

Week 45

Monday 2 Nov

✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Tuesday 3 Nov

✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Wednesday 4 Nov



✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Thursday 5 Nov

✓

|    |  |
|----|--|
| 6  |  |
| 8  |  |
| 10 |  |
| 12 |  |
| 2  |  |
| 4  |  |
| 6  |  |
| 8  |  |

Friday 6 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 7 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 8 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

# Week 46

Monday 9 Nov

6

8

10

12

2

4

6

8

Tuesday 10 Nov

6

8

10

12

2

4

6

8

Wednesday 11 Nov

6

8

10

12

2

4

6

8

Thursday 12 Nov

6

8

10



12

2

4

6

8

Friday 13 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 14 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 15 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

Week 47

Monday 16 Nov

6

8

10

12

2

4

6

8

Tuesday 17 Nov

6

8

10

12

2

4

6

8

Wednesday 18 Nov

6

8

10

12

2

4

6

8

Thursday 19 Nov

6

8

10



12

2

4

6

8

Friday 20 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 21 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 22 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

Week 48

Monday 23 Nov

6

8

10

12

2

4

6

8

Tuesday 24 Nov

6

8

10

12

2

4

6

8

Wednesday 25 Nov

6

8

10

12

2

4

6

8

Thursday 26 Nov

6

8

10

12



2

4

6

8



Friday 27 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Saturday 28 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Sunday 29 Nov \_\_\_\_\_  

|    |       |       |
|----|-------|-------|
| 6  | _____ | _____ |
| 8  | _____ | _____ |
| 10 | _____ | _____ |
| 12 | _____ | _____ |
| 2  | _____ | _____ |
| 4  | _____ | _____ |
| 6  | _____ | _____ |
| 8  | _____ | _____ |

Notes \_\_\_\_\_  

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

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

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

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

Week 49

Monday 30 Nov

✓

6

8

10

12

2

4

6

8

Tuesday 1 Dec

✓

6

8

10

12

2

4

6

8

Wednesday 2 Dec

✓

6

8

10

12

2

4

6

8

Thursday 3 Dec

✓

6

8

10

12

2

4

6

8

# Nov – Dec 2009

Friday 4 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 5 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 6 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 50

Monday 7 Dec

✓

6

8

10

12

2

4

6

8

Tuesday 8 Dec

✓

6

8

10

12

2

4

6

8

Wednesday 9 Dec

✓

6

8

10

12

2

4

6

8

Thursday 10 Dec

✓

6

8

10

12

2

4

6

8

Friday 11 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 12 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 13 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

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

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

Week 51

Monday 14 Dec

6

8

10

12

2

4

6

8

Tuesday 15 Dec

6

8

10

12

2

4

6

8

Wednesday 16 Dec

6

8

10

12

2

4

6

8

Thursday 17 Dec

6

8

10

12

2

4

6

8

Friday 18 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 19 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 20 Dec



|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes



|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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

| December |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| M        | T  | W  | T  | F  | S  | S  |
|          |    |    |    |    |    |    |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       | 29 | 30 | 31 |    |    |    |

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

Week 52

Monday 21 Dec

6

8

10

12

2

4

6

8

Tuesday 22 Dec

6

8

10

12

2

4

6

8

Wednesday 23 Dec

6

8

10

12

2

4

6

8

Thursday 24 Dec

6

8

10

12

2

4

6

8



Friday 25 Dec



6

8

10

12

2

4

6

8

Saturday 26 Dec



6

8

10

12

2

4

6

8

Sunday 27 Dec



6

8

10

12

2

4

6

8

Notes



| November |   |   |   |   |   |   |
|----------|---|---|---|---|---|---|
| M        | T | W | T | F | S | S |

1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30

| December |   |   |   |   |   |   |
|----------|---|---|---|---|---|---|
| M        | T | W | T | F | S | S |

1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

| January |   |   |   |   |   |   |
|---------|---|---|---|---|---|---|
| M       | T | W | T | F | S | S |

1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

Week 53

Monday 28 Dec

6

8

10

12

2

4

6

8

Tuesday 29 Dec

6

8

10

12

2

4

6

8

Wednesday 30 Dec

6

8

10

12

2

4

6

8

Thursday 31 Dec

6

8

10

12

2

4

6

8

# Dec 2009 – Jan 2010

Friday 1 Jan. ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Saturday 2 Jan. ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Sunday 3 Jan. ↔ ✓

|    |  |  |
|----|--|--|
| 6  |  |  |
| 8  |  |  |
| 10 |  |  |
| 12 |  |  |
| 2  |  |  |
| 4  |  |  |
| 6  |  |  |
| 8  |  |  |

Notes ↔ ✓

|  |  |  |
|--|--|--|
|  |  |  |
|  |  |  |
|  |  |  |

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