July 2013

Monday		Tuesday	Wedn	Wednesday		Thursday		Friday		Saturday		Sunday	
1		2	3		4		5		6		7		
_	182	18	_	184	44	185	10	186	10	187	4 /	188	
8		9	10	404	11	100	12	100	13	40.6	14	405	
15		16	17	191	18	192	19	193	20	194	21	195	
22		23	24	198	25		26	200	27	201	28	202	
29	210	30	31	205 212		206		207		208		209	