mbelw. January me xious bot in it was pour good got tous Jun & Sount Rows 5000 Munny dans overarching SOAL get back into a good with a fill heart routine. Approach worklouds 10018 (UNS) KOW 5000 W General 1 Cycle 2× land run (Ballonke (3) Mon Tres 98 N. ROW SOOD Grant · Row 5000 My Run 5 · Sprint Cycle · hike (Kutney) mel nul · Pump (Demand) or Rem Trop sprint wor 98/2 NA 8/10/ · BP X3 Sato out time! · MULL X2 SX Row 5000 Way Trup wor 21 all · Row 5000 WIALL · Run 5 (2) my will per Trip or RWF I not Party Ste Doming BL BX Molle will and 19iTat Plano Sun was a hold state high tone 2000 W \* BDT course - 10 miles (start @ cass) JAMPS ROW YOSA MYATS) JEWB BOOK RUMPIRENS Strava Challenges January 5K (by Jan 31) 318 of Al CASIAR X 15 mil 17 / January 2 10 K 98 BAB MUSTALW ME AUT BAB January Fresh Start Challenge (30 hrs) Sweaty Betty New Year 90 (work out 4.5 hrs) NyRR Resolution 5K (do by Jan 17th) lando rom 5000 primp with w scall 2mm

· hulle 2m Achal Pad · walk 3m prograd Trip | tump walk with M Jun 4 · 13 mile running Spart Row 5000 T Jan 5 w Jan 6 Grit (andio | Row 5000 100 15,000 Walled BPUlorget and vol Th Jan7 run (4) | BP 104 · Cycle 2x Jan 8 run(5) | Row 5000 m · grit Jang run (4) hike (3) Su Junio hike (3)/ yoya BP objectem Jun 11 hixe (3) BP · hike ( when all non . M Jun 12 1000 5000 Trip or Rem Tre 000, 01 won. Jan B Mr 5/BP · BP X3 Th Jan 14 run 6.3 · cycle x2 Jan 15 row 5000 | sprint / yogn 000 yoga x2 F Jan 14 BP/ Nn 4 Jan 17 tike with Kathey | Run w/Lynn (5) Su Jan 18 Ski Downhill | BP FLX | walk widad M Jan 19 The Trip T Jan 20 Yoga | Skady State Dike row 5000 W Jan 21 Pump | Run (6) & take of mol-smar Total Th Jan 22 Row Yoga Ruar(5) Jun 23 Body Rump Run 3 Jan 24 xc ski (2m) | hike BD Eliz cycle | row M Jan 25 run 3m Walkwidad BP X Su Jan 31 Jan 26 row 5000m Trip 22 yoga (20 min) XCSIG Jan 27 BP/Elliphial/Ron 5000 m/walk with D'ad W Jan 28 Row 5000 ride Rpm 45 min th Jan29 Yoya/Sprint/ Flow Jan30 row 5000 Primp | Walk wiscott 2m