

# June 2009

EXERCISE  
**530**  
A WEEK

| Sunday  | Monday | Tuesday | Wednesday   | Thursday | Friday | Saturday  |
|---|--------|---------|---|----------|--------|---|
| MAY 31<br><b>MAY 31<sup>ST</sup></b><br>START | 1      | 2       | 3   | 4        | 5      | 6   |
| 7   | 8      | 9       | 10  | 11       | 12     | 13<br><b>JUNE 13<sup>TH</sup></b><br>VOLLEYBALL |
| 14  | 15     | 16      | 17  | 18       | 19     | 20  |
| 21  | 22     | 23      | 24  | 25       | 26     | 27  |
| 28  | 29     | 30      | <b>SALT LAKE CITY GETS FIT</b><br><b>5K FUN RUN</b><br>SEPT. 5 - LIBERTY PARK |          |        |   |



Don't forget to log your exercise at  
[www.SLCGetsFit.com](http://www.SLCGetsFit.com)

# July 2009



| Sunday   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|-----------|----------|--------|----------|
| <b>SALT LAKE CITY GETS FIT<br/>5K FUN RUN<br/>SEPT. 5 - LIBERTY PARK</b> |        |         | 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     |          |



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# August 2009



| Sunday   | Monday   | Tuesday  | Wednesday | Thursday | Friday | Saturday |
|--|----------|--|-----------|----------|--------|----------|
|  |          | <b>SALT LAKE CITY GETS FIT<br/>5K FUN RUN<br/>SEPT. 5 - LIBERTY PARK</b> |           |          |        | 1        |
| 2  | 3        | 4  | 5         | 6        | 7      | 8        |
| 9  | 10       | 11   | 12        | 13       | 14     | 15       |
| 16   | 17       | 18   | 19        | 20       | 21     | 22       |
| 23<br>30<br><b>AUG<br/>23<sup>RD</sup><br/>END</b> | 24<br>31 | 25   | 26        | 27       | 28     | 29       |



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# September 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday   | Saturday  |
|--------|--------|---------|-----------|----------|--|---|
|        |        | 1       | 2         | 3        | 4  | 5 <b>SEPT</b><br><b>5<sup>TH</sup></b><br><b>5K FUN RUN</b> |
| 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        |          | <b>EXERCISE</b><br><b>530</b><br><b>A WEEK</b> |   |



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