

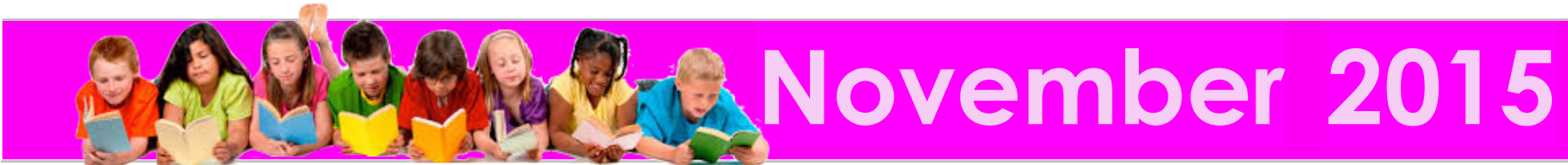


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 2 steps	1 6 steps	2 10 steps	3 14 steps	4 18 steps	5
6	7 20 steps	8 22 steps	9 26 steps	10 30 steps	11 34 steps	12
13	14 38 steps	15 42 steps	16 46 steps	17 50 steps	18 54 steps	19
 20	21 58 steps	22 62 steps	23 66 steps	24 70 steps	25 74 steps	26
27	28 78 steps	29 82 steps	30 86 steps			



October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 90 steps	2 94 steps	3
4	5 100 steps	6 2 steps	7 6 steps	8 10 steps	9 14 steps	10
11	12 18 steps	13 22 steps	14 26 steps	15 30 steps	16 34 steps	17
18 	19 38 steps	20 42 steps	21 44 steps	22 48 steps	23 52 steps	24
25	26	27 56 steps	28 60 steps	29 64 steps	30 68 steps	31 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3	4	5	6	7
	72 steps	76 steps	80 steps	84 steps	88 steps	
8	9 92 steps	10 96 steps	11 100 steps	12 2 steps	13 6 steps	14
15	16 10 steps	17 14 steps	18 18 steps	19 22 steps	20 26 steps	21
22 	23 28 steps	24 30 steps	25 32 steps	26 34 steps	27 36 steps	28
29	30 38 steps					
						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 42 steps	2 46 steps	3 50 steps	4 54 steps	5
6	7 58 steps	8 62 steps	9 66 steps	10 70 steps	11 74 steps	12
13	14 78 steps	15 82 steps	16 86 steps	17 90 steps	18 94 steps	19
 20	21 2 steps	22 4 steps	23 6 steps	24 8 steps	25 10 steps	26
27	28 12 steps	29 14 steps	30 16 steps	31 18 steps		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 20 steps	2
3	4	5 22 steps	6 26 steps	7 30 steps	8 34 steps	9
10	11 38 steps	12 42 steps	13 46 steps	14 50 steps	15 54 steps	16
17 	18 58 steps	19 62 steps	20 66 steps	21 70 steps	22 74 steps	23
24	25 78 steps	26 82 steps	27 86 steps	28 90 steps	29 94 steps	30 



February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 98 steps	2 100 steps	3 2 steps	4 6 steps	5 10 steps	6
7	8 14 steps	9 18 steps	10 22 steps	11 26 steps	12 30 steps	13
14	15 32 steps	16 34 steps	17 38 steps	18 42 steps	19 46 steps	20
 21	22 50 steps	23 54 steps	24 58 steps	25 62 steps	26 66 steps	27
28	29 70 steps					



March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 74 steps	2 78 steps	3 82 steps	4 86 steps	5
6	7 90 steps	8 94 steps	9 98 steps	10 100 steps	11 2 steps	12
13	14 6 steps	15 10 steps	16 14 steps	17 18 steps	18 22 steps	19
20 	21 24 steps	22 26 steps	23 28 steps	24 30 steps	25 32 steps	26
27	28 34 steps	29 38 steps	30 42 steps	31 46 steps		



April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 48 steps	2
3	4 52 steps	5 56 steps	6 60 steps	7 64 steps	8 68 steps	9
10	11 72 steps	12 76 steps	13 80 steps	14 84 steps	15 88 steps	16
17 	18 92 steps	19 96 steps	20 100 steps	21 2 steps	22 6 steps	23
24	25 12 steps	26 16 step	27 20 steps	28 24 steps	29 28 steps	30 



May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Weekend Steps Begin	34 steps	38 steps	42 steps	46 steps	50 steps	52 steps
8 54 steps	9 56 steps	10 60 steps	11 64 steps	12 68 steps	13 72 steps	14 74 steps
15 76 steps	16 78 steps	17 82 steps	18 86 steps	19 90 steps	20 94 steps	21 96 steps
22 98 steps	23 100 steps	24	25	26	27	28
29	30	31				



