

# january

| MON               | TUE | WED | THU                 | FRI | SAT | SUN |
|-------------------|-----|-----|---------------------|-----|-----|-----|
|                   |     |     | 1<br>New Year's Day | 2   | 3   | 4   |
| 5                 | 6   | 7   | 8                   | 9   | 10  | 11  |
| 12                | 13  | 14  | 15                  | 16  | 17  | 18  |
| 19<br>MLK Jr. Day | 20  | 21  | 22                  | 23  | 24  | 25  |
| 26                | 27  | 28  | 29                  | 30  | 31  |     |

Goals & Notes