



## September 2025

Goal of the month: .....

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 36     | 31     | 1       | 2         | 3        | 4      | 5        |
|        | 1      |         |           |          |        |          |
| 37     | 7      | 8       | 9         | 10       | 11     | 12       |
|        |        |         |           |          |        |          |
| 38     | 14     | 15      | 16        | 17       | 18     | 19       |
|        |        |         |           |          |        |          |
| 39     | 21     | 22      | 23        | 24       | 25     | 26       |
|        |        |         |           |          |        |          |
| 40     | 28     | 29      | 30        | 1        | 2      | 3        |
|        |        |         |           |          |        |          |

## October 2025

Goal of the month: .....

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 40     | 28     | 29      | 30        | 1        | 2      | 3        |
|        |        |         |           |          |        |          |
| 41     | 5      | 6       | 7         | 8        | 9      | 10       |
|        |        |         |           |          |        |          |
| 42     | 12     | 13      | 14        | 15       | 16     | 17       |
|        |        |         |           |          |        |          |
| 43     | 19     | 20      | 21        | 22       | 23     | 24       |
|        |        |         |           |          |        |          |
| 44     | 26     | 27      | 28        | 29       | 30     | 31       |
|        |        |         |           |          |        |          |