

AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	Strength 1	Athletic 2	Cardio 3	Strength 4	NO GRIT 5	Athletic 6
Cardio 7	Strength 8	Athletic 9	Cardio 10	Strength 11	NO GRIT 12	Strength 13
Athletic 14	Strength 15	Athletic 16	Cardio 17	Strength 18	No GRIT 19	Cardio 20
Strength 21	Athletic 22	Cardio 23	Strength 24	Athletic 25	NO GRIT 26	Athletic 27
Cardio 28	Strength 29	Athletic 30	Cardio 31			