



# Welcome

March 2011

Dear Patient,

Thank you for trusting Northwest Medical Center's Certified Bariatric Center of Excellence for your surgical weight loss. You've taken a courageous first step in changing your life and we commend you.

We hope this book will be a useful tool for you to record where you are starting from in terms of weight and measurements and show your progress as you lose weight. We encourage you to record your daily exercise and weight in this book as you work toward reaching your goals. We wish you all the best.

Thank you for choosing Northwest Medical Center.

Sincerely,

*Your Surgical Weight  
Loss Team*



**Center of  
Excellence**  
BARIATRIC SURGERY



**NORTHWEST MEDICAL CENTER**

[www.loseweighttucson.com](http://www.loseweighttucson.com)

# Using This Journal

## Before Beginning this Program, Check with Your Physician

The health-related information and resources contained in this booklet are not intended to be a substitute for medical advice or the care you receive from your personal physician and bariatric surgeon. Consult with your physician and/or bariatric surgeon before beginning any exercise program.

# Exercise

## Feet Don't Fail Me Now...the Rest of Me Needs You!

Congratulations on making the decision to include walking and perhaps other forms of exercise in your new way of living. You truly have the opportunity to change your life, one step at a time.

Proper care of your feet, and proper footwear will be important factors in getting you from where you are to where to want to be. A recent survey by the American Podiatric Medical Association showed that 53% of respondents have daily foot pain significant enough to alter their activity. Some foot problems are genetic pre-dispositions, yet many others are self-inflicted by wearing improper shoes, ill-fitting shoes and shoes that don't "match up" with our feet and bio-mechanics.

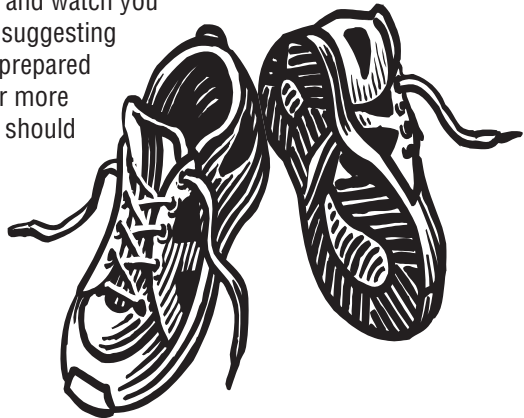
Feet are complicated mechanisms, with 26 bones, 33 joints and hundreds of ligaments, tendons, nerves and blood vessels in EACH foot. As you embark on this new opportunity in your life, here are some suggestions on how to choose the most important pieces of equipment for your feet...your new shoes.

1. Make sure you get a proper fit by someone trained in the anatomy and pathologies of the foot. If you go someplace for shoes and the person helping you does not ask you several questions and watch you walk both barefoot and in shoes before suggesting shoes to try on, go someplace else. Be prepared to spend some time, 20 – 30 minutes or more is common. Some of the questions you should be prepared to answer are:

*What type of activity will you do in these shoes? How often will you do it?*

*Do you have a history of, or current*

***Continued on next page***



# Exercise

## **Feet Don't Fail Me Now...the Rest of Me Needs You!** *(continued)*

*problems with your feet, ankles, shins, knees or hips, including surgeries on any of those parts? What are they, and be specific.*

If you have a pair of shoes that you have been exercising in, take them along and they should look at the wear pattern on the shoes. It tells a story about your feet.

2. The shoe you buy should be appropriate for your foot type (shape) and foot function. Flat feet are generally straight feet and work better in shoes with straight lasts. Feet with high arches tend to have a semi-curved shape and often work better in semi-curved shoes. Arches that may appear to be high when seated may become flat when standing, so make sure that the person helping you knows the difference.

3. Forget the size you “used to be” or “have always been”. I used to have a lot of hair, and that certainly has changed, just as the size of our feet change with the passing of time. People who “have always been” a size 7 may very well be harming their feet by continuing to wear a size 7 when they should be in something different. Please don't let your ego dictate the number on your shoe box. Your feet will thank you!

4. Buy shoes with the appropriate amount of stability for your foot function. A good store with a trained staff can help you with that.

5. Your new shoes will be tools and not accessories, so don't sacrifice proper fit and function for style or color.

Take care of your feet so they can help take care of you!

### **Article By:**

John Corbett, Owner and Certified Pedorthist  
All About Running and Walking  
12162 N. Rancho Vistoso Blvd., Suite 140  
Oro Valley, Arizona 85755  
Phone: 520-469-7084 • October 2010

# Exercise

## Keep on Walking

On average, every minute of walking can extend your life by 1.5 to two minutes, according to the American Podiatric Medical Association. Walking an extra 20 minutes a day will burn off seven pounds of fat per year. A brisk walk can burn up to 100 calories per mile, or 300 calories per hour. The average person walks about 115,000 miles in a lifetime — more than four times the circumference of the globe.

## Working in More Walking

- Take every opportunity, one day a week or more often, to walk to your colleagues' offices when you need to speak with them, instead of using the phone or office e-mail.
- Decide that, as long as it isn't raining, you're willing to park in the farthest parking space from the door of your building.
- Keep a pair of walking shoes in your workspace, and walk during your breaks on Tuesdays and Thursdays.
- Take an extended walk during your lunch hour on Wednesdays.

## Striding Forward

When you go out for your daily walk, concentrate on good posture as much as your stride. Hold your head up, keeping your chin parallel with the ground. Try not to lead with your head, which can strain your neck. You don't have to literally pound the pavement when you walk. In fact, walking with a light tread is easier on your feet and legs.

## Putting Interest in Your Daily Walk

- Change your route. Turn a different direction when you leave the house. Drive to a different neighborhood and walk a loop back to your car.
- Change your pace. Walk fast one day, a bit slower the next.
- Change your goals. Try focusing on increasing your distance if you've been working to increase your speed.
- Walk with a gadget. A heart-rate monitor, walking poles or a pedometer can add interest to your walk.
- Walk a dog. Dogs offer companionship, a deterrent to criminals and a good reason to stick with your regular routine.

# Exercise

## Burn Off Calories

You can exercise and burn off calories in a variety of ways. The amount of calories you burn is based on the amount you weigh and the intensity of the exercise. Here is a guide for some common activities and calories burned in half an hour by a 150 pound adult.

- Basketball = 288
- Gardening = 162
- Golf (no cart) = 198
- Running (11.5 min/mile) = 324
- Step aerobics = 252
- Swimming = 216
- Tennis = 252
- Walking (3.5 mph) = 144
- Washing car = 162



**Source:** staywellsolutionsonline.com – July 2010

## Calories Burned Estimator

<http://www.healthstatus.com/calculate/cbc>

### How to Calculate BMI

Weight (lbs) ÷ Height (inches)<sup>2</sup>  
x 703 = BMI

#### **Example:**

Weight = 150 lbs  
Height = 5'5" = 65"  
65" x 65" = 4225

#### **Calculation:**

150 ÷ 4225 x 703 = 24.96 BMI

### BMI

Below 18.5  
18.5 – 24.9  
25.0 – 29.9  
30.0 – 34.9  
35.0 – 39.9  
40.0 – 49.9  
50.0 +

### Weight Status

Underweight  
Normal / Ideal  
Overweight  
Moderately Obese  
Severely Obese  
Morbidly Obese  
Super Obese

**BMI Calculator:**

<http://www.nhlbisupport.com/bmi/>

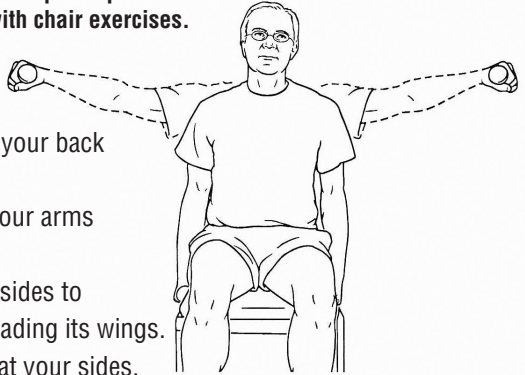
# Exercise

Exercises from National Institute of Health • nih.gov • February 2011

**For patients unable to stand, distance walk or participate in strenuous exercise, we suggest starting with chair exercises. Some options are listed below.**

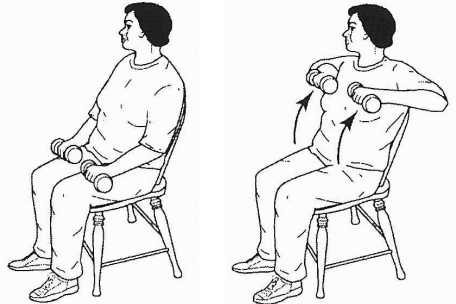
## Butterfly Wings (Lateral Raise)

1. Sit in a chair with your head up and your back straight.
2. Hold the weight at your sides with your arms straight.
3. Bring your arms straight up at your sides to shoulder height, like a butterfly spreading its wings.
4. Slowly lower your arms back down at your sides.



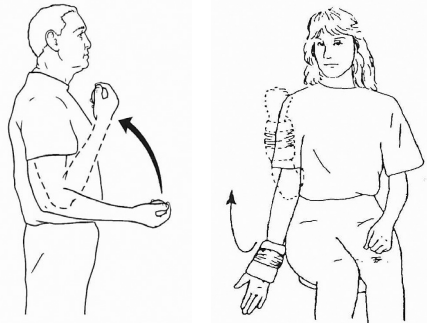
## Upright Row

1. Sit in a chair with your arms in front of you, the weights resting on your knees.
2. Lift the weights by pulling your elbows up and out at shoulder height.
3. Hold and then slowly lower your hands to your sides.



## Bicep Curls

1. Sit in a chair or stand with your elbow tucked at your side.
2. Bend your elbow up, bringing the weight up to your shoulder.
3. Slowly bend your elbow back down to your side.
4. Repeat with the other arm.



# Exercise

Exercises from National Institute of Health • nih.gov • February 2011

## Chest Press

1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



## Chest Pulls

1. Sit in a chair with your head up and your back straight.
2. Bring the weights to the center of your chest, about shoulder height.
3. Pull your elbows back, bringing the weights out to your shoulders.
4. Return to the start position and repeat.

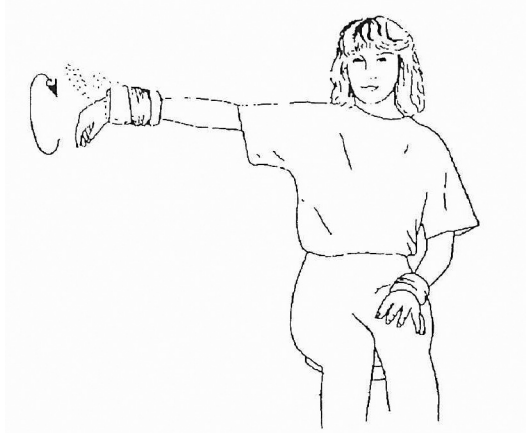


# Exercise

Exercises from National Institute of Health • nih.gov • February 2011

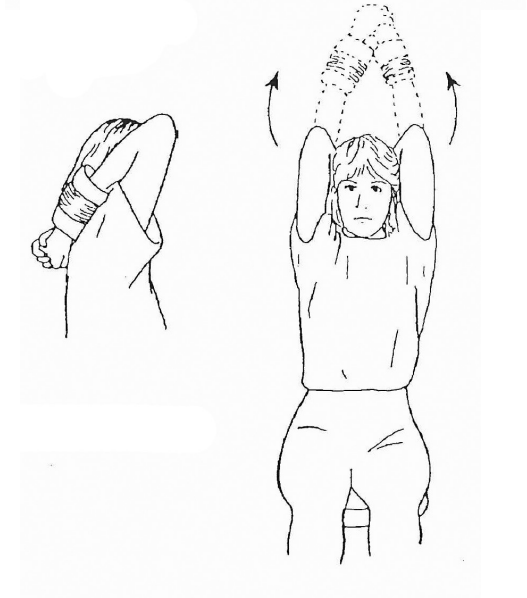
## Doorknobs

1. Keep your arm straight out to your side.
2. Turn the palms of your hands up and down, rotating your entire arm.



## Triceps

1. Raise both arms over your head with your elbows tucked to your ear.
2. Hold the weight with both hands and bend and straighten your elbows.



# Exercise

Source: Adapted from  
[mayoclinic.com/health/exercise/SM00109](http://mayoclinic.com/health/exercise/SM00109)

Activity (1-hour duration)	160 lbs *	200 lbs *	240 lbs *	280 lbs *	320 lbs *
Aerobics, high impact	511 **	637 **	763 **	889 **	1015 **
Aerobics, low impact	365	455	545	635	725
Aerobics, water	292	364	436	508	580
Backpacking	511	637	763	889	1015
Basketball game	584	728	872	1016	1160
Bicycling, < 10 mph, leisure	292	364	436	508	580
Bowling	219	273	327	381	435
Canoeing	256	319	382	445	508
Dancing, ballroom	219	273	327	381	435
Football, touch, flag, general	584	728	872	1016	1160
Golfing, carrying clubs	329	410	491	572	653
Hiking	438	546	654	762	870
Ice skating	511	637	763	889	1015
Jogging, 5 mph	584	728	872	1016	1160
Racquetball, casual, general	511	637	763	889	1015
Rollerblading	913	1138	1363	1588	1813
Rope jumping	730	910	1090	1270	1450
Rowing, stationary	511	637	763	889	1015
Running, 8 mph	986	1229	1472	1715	1958
Skiing, cross-country	511	637	763	889	1015
Skiing, downhill	365	455	545	635	725
Skiing, water	438	546	654	762	870
Softball or baseball	365	455	545	635	725
Stair treadmill	657	819	981	1143	1305
Swimming, laps	511	637	763	889	1015
Tae kwon do	730	910	1090	1270	1450
Tai chi	292	364	436	508	580
Tennis, singles	584	728	872	1016	1160
Volleyball	292	364	436	508	580
Walking, 2 mph	183	228	273	318	363
Walking, 3.5 mph	277	346	414	484	553
Weightlifting, free weights, Nautilus or universal type	219	273	327	381	435

\* Your current weight    \*\* Calories burned



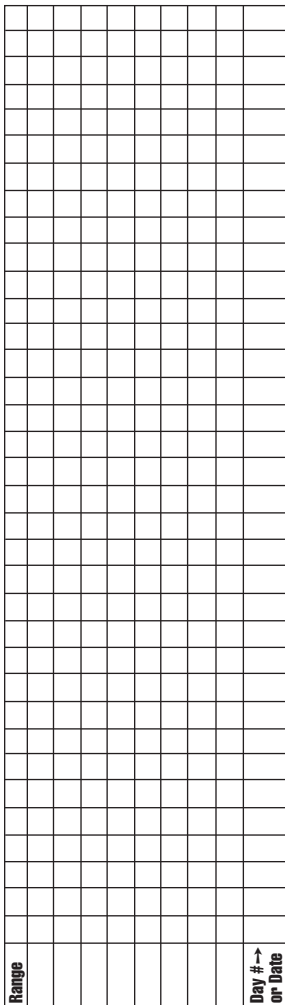




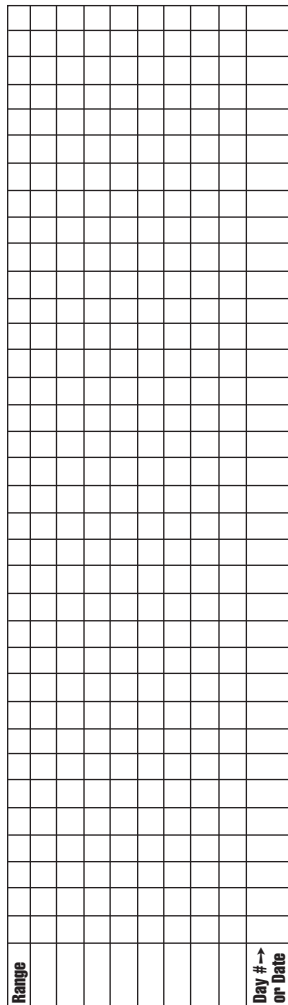




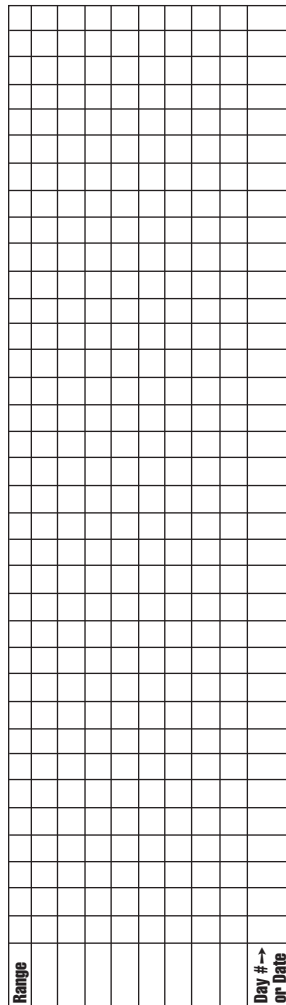
# Graphs



This Graph Charts:



This Graph Charts:



This Graph Charts:

# Before Photos

**Before Photo**

**Before Photo**

# Progress Photos

**3 Month Photo**

**6 Month Photo**

# Progress Photos

**12 Month Photo**

**18 Month Photo**

# Know Your Protein

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>PROTEIN GRAMS</u>	<u>CALORIES</u>
Anchovies – canned	5	6	42
Bacon – cooked	3 strips	6	109
Bass – striped, baked	3 oz	9	105
Beans – baked beans	1/2 cup	6	118
Beans – black beans	1/2 cup	8	114
Beans – refried	1/2 cup	8	134
Beef – brisket, lean braised	3 oz	21	309
Beef – chuck pot roast, lean	3 oz	23	282
Beef – corned beef brisket	3 oz	15	213
Beef – corned beef, canned	3 oz	10	85
Beef – ground beef	3 oz	21	46
Beef – porterhouse steak	3 oz	21	260
Beef – roast beef	3 oz	16	105
Beef – short ribs, lean	3 oz	18	400
Beef – T-bone steak, lean	3 oz	21	253
Black-eyed peas	1/2 cup	7	99
Bluefish – baked	3 oz	22	135
Broccoli – cooked	1/2 cup	3	25
Butterfish – baked	3 oz	19	159
Carp – baked	3 oz	19	138
Catfish – breaded	3 oz	15	194
Cheese – most types	1 oz	8	100
Cheese – ricotta	1/2 cup	14	200
Chicken – boneless breaded	4 oz	17	300
Chicken – breast, broiler/fryer	1/2 breast	35	364
Chicken – canned w/broth	2.5 oz	16	117
Chicken – roasted breast	2 oz	11	60
Chicken – wings	4 pieces (5 oz)	15	230

# Know Your Protein

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>PROTEIN GRAMS</u>	<u>CALORIES</u>
Chicken – deli thin smoked breast	2 oz	11	60
Chickpeas	1 cup	6	142
Clams – cooked	20 small	23	133
Cod – baked	3 oz	20	90
Cottage cheese – creamed	1/2 cup	20	108
Cottage cheese – low-fat	1½ cups	14	82
Cottage cheese – nonfat	2½ cups	15.5	101
Crab – king, cooked	3 oz	16	82
Crab – blue, cooked	3 oz	17	87
Crab – crab cakes	1 (2 oz)	12	93
Cream cheese	1 oz	2	99
Deli meats/ bologna beef	1 oz	4	88
Deli meats/salami	1 oz	4	71
Deli meats/ Spam	1 oz	3.5	85
Duck – without skin	4 oz	26	222
Eel – smoked	3 oz	18	300
Egg – hard cooked or poached	1	6	75
Egg – Egg Beaters	1/4 cup	5	25
Falafel	2 oz	4	105
Fava beans – canned	1/2 cup	7	90
Fish cake	1 (4.5 oz)	18	166
Flounder – cooked	3 oz	21	99
Great Northern Beans	1/2 cup	8	105
Grouper – cooked	3 oz	21	100
Haddock – cooked	3 oz	21	95
Halibut – cooked	3 oz	23	119
Ham – deviled ham, canned	3 oz	14	200
Ham – boneless, cooked	3 oz	14	90

# Know Your Protein

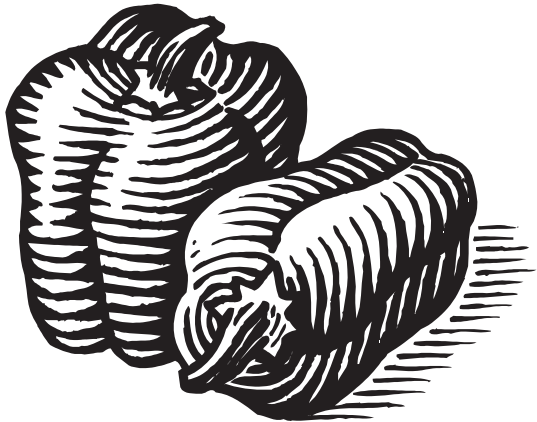
<u>FOOD</u>	<u>SERVING SIZE</u>	<u>PROTEIN GRAMS</u>	<u>CALORIES</u>
Ham – honey ham	3 oz	15	150
Herring – Atlantic, cooked	3 oz	20	172
Hummus	1/3 cup	4	140
Kidney beans – cooked	1/2 cup	8	100
Lamb – lean braised	3 oz	29	190
Lamb – ground boiled	3 oz	21	240
Lamb – loin chop, lean	3 oz	19	225
Lentils	1/2 cup	9	115
Lima beans – canned	1/2 cup	6	93
Liver – beef or chicken	3 oz	23	184
Lobster – cooked	1/2 cup	15	71
Mackerel – cooked	3 oz	20	223
Meat substitutes – Harvest Burger	3 oz	18	140
Milk – 1%	1 cup	8	102
Milk – 2%	1 cup	8	119
Milk – buttermilk	1 cup	8	99
Monkfish – baked	3 oz	16	82
Mussels – cooked	3 oz	20	147
Navy Beans – cooked	1/2 cup	20	296
Octopus – steamed	3 oz	25	140
Oysters – steamed	1 medium	5	41
Oysters – canned	3 oz	10	100
Peanut butter	2 tablespoons	8	188
Perch	3 oz	21	99
Pike – cooked	3 oz	21	96
Pink beans – cooked	1/2 cup	7	125
Pinto beans – cooked	1/2 cup	5	90
Pollack – baked	3 oz	21	100

# Know Your Protein

<u>FOOD</u>	<u>SERVING SIZE</u>	<u>PROTEIN GRAMS</u>	<u>CALORIES</u>
Pompano – Florida cooked	3 oz	20	179
Pork – center loin	3 oz	24	265
Pork – pork roast	3 oz	15	105
Pork – spare ribs	3 oz	26	338
Quiche Lorraine	1 slice (3 oz)	15	352
Rabbit – roasted	3 oz	25	167
Red beans – canned	1/2 cup	6	160
Roughy – Orange, baked	3 oz	16	75
Salmon – baked	3 oz	22	155
Salmon – canned, pink	3 oz	17	118
Salmon cake	1 (3 oz)	18	241
Salmon – smoked	3 oz	15	99
Sardines – in oil	2	6	50
Scallops	2 large	6	67
Shark	3 oz	16	145
Surimi mix	3 oz	13	84
Shrimp – canned	3 oz	20	102
Shrimp – cooked	4 medium	5	22
Smelt – cooked	3 oz	19	106
Snails – cooked	3 oz	41	233
Sole – cooked	3 oz	21	99
Soy milk	1 cup	7	79
Soybeans – cooked	1/2 cup	15	150
Soybeans – dry roasted	1/2 cup	34	387
Soybeans – sprouts	1/2 cup	5	43
Spinach – cooked	1/2 cup	3	21
Squid	3 oz	15	149
Sturgeon – smoked	3 oz	27	147

# Know Your Protein

<b>FOOD</b>	<b><u>SERVING SIZE</u></b>	<b><u>PROTEIN GRAMS</u></b>	<b><u>CALORIES</u></b>
Swordfish – cooked	3 oz	22	132
Tofu – firm	1/2 cup	20	183
Tofu – soft	4 oz	12	120
Tongue – beef	3 oz	19	241
Trout – baked	3 oz	23	162
Tuna	3 oz	25	160
Turkey – bologna	3 oz	12	165
Turkey – breast	3 oz	20	92
Turkey – ground cooked	3 oz	20	188
Veal – cutlet, lean	3 oz	31	172
Veal – ground broiled	3 oz	21	146
Venison	3 oz	26	134
White beans	1/2 cup	9	100
Yogurt – fruit, low-fat	4 oz	5	113
Yogurt – plain, low-fat	4 oz	6	65



# Vitamin & Mineral Supplements

## Taking Your Daily Vitamins

### **Multivitamin — Chewable with mineral supplement — All procedures**

1. Take two by mouth. Do not take at the same time as your calcium.
2. Select one that provides 100% of the Recommended Daily Allowance (RDA).

### **Iron — 29 mg Chewable - Ferrous Fumarate only — Bypass and Sleeve only**

1. For the first three months after surgery, then it will be prescribed on an as-needed basis.
2. Do not take at the same time as your calcium.

### **Calcium — All procedures**

1. 1,500 mg, separated into two doses, elemental calcium. The best-absorbed form is calcium citrate.

### **Biotin — All procedures**

1. 5,000 mcg per day

Calcium is vital through your mid-20s for building bones — bone density peaks at about age 20. After that, the skeleton doesn't grow, so calcium is vital to keep your body from tearing down those bones. Calcium is also needed for other processes like nerve transmission and muscle action.

When there isn't enough calcium circulating in the blood from the diet, your body goes right to the next best source, the skeleton. Keep that up long enough and you set the stage for the "bone-thinning disease," osteoporosis. Most cases occur due to age in women over 70 and men over 80 years old. However, it is a real danger for women past middle age and menopause, when lower hormone levels contribute to the process. Not only does this type of osteoporosis lead to the unsightly "dowager's hump" where the spinal column is compressed and bent, but the chances increase for bone fractures of the hip and wrists.

A new study says that extra calcium in the diet may also help relieve water retention,

*Continued on next page*

# Vitamin & Mineral Supplements

menstrual cramps and premenstrual moodiness. During the five and a half month study, researchers recorded the menstrual and premenstrual symptoms of 10 women who took 1,300 milligrams of calcium a day for two and a half months and 600 milligrams for the remaining time. The results: while on the high-calcium regimen, nine of the 10 women had fewer mood swings, eight had less water retention and seven had less pain.

**Note:** You may purchase your vitamins and meal replacements at a health food store or the surgeons have pre-packed kits available through their office and website.

## Taking Your Weekly Vitamins — Bypass and Sleeve only

### Vitamin B12

1. 1000 mcg sublingual tablet, once per week

Vitamin B12 is essential for the production and regeneration of blood cells and helps to maintain a healthy nervous system. It promotes childhood growth and is involved in many vital metabolic and enzyme processes such as protein, fat and carbohydrate metabolism. It is water-soluble and is the only vitamin that requires a specific gastrointestinal tract secretion for its absorption. It also is the only vitamin that contains essential mineral elements. It cannot be made synthetically but must be grown, like penicillin, in bacteria or molds. Animal protein is almost the only source in which B12 occurs naturally and in substantial amounts.

Symptoms of a B12 deficiency begin with changes in the nervous system such as soreness and weakness in the legs and arms, diminished reflex response and sensory difficulty in walking and speaking (stammering). Lack of B12 may also contribute to: alcoholism, allergies, anemia, arthritis, depression, insomnia, hypoglycemia, stress, and a type of brain damage resembling schizophrenia. Therapeutic use of B12 has provided relief for: fatigue, depression, insomnia, and has been useful in the treatment of hepatitis, bursitis, asthma and osteoarthritis.

Enemies of B12 are: alcohol, caffeine, laxatives and smoking. There is no known oral toxicity factor for B12, even in large doses. Because B12 is so inexpensive to supplement versus the relatively expensive test to determine if your body has a lack of B12, it is wiser for you to supplement your diet as a precautionary measure.







# 2011 Calendar

## January '11

Su	M	Tu	W	Th	F	Sa
						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					

## February '11

Su	M	Tu	W	Th	F	Sa
		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					

## March '11

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## April '11

Su	M	Tu	W	Th	F	Sa
					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

## May '11

Su	M	Tu	W	Th	F	Sa
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				

## June '11

Su	M	Tu	W	Th	F	Sa
			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		

## July '11

Su	M	Tu	W	Th	F	Sa
					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						

## August '11

Su	M	Tu	W	Th	F	Sa
	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			

## September '11

Su	M	Tu	W	Th	F	Sa
				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	

## October '11

Su	M	Tu	W	Th	F	Sa
						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					

## November '11

Su	M	Tu	W	Th	F	Sa
		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			

## December '11

Su	M	Tu	W	Th	F	Sa
				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

# 2012 Calendar

## January '12

Su	M	Tu	W	Th	F	Sa
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				

## February '12

Su	M	Tu	W	Th	F	Sa
			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			

## March '12

Su	M	Tu	W	Th	F	Sa
				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

## April '12

Su	M	Tu	W	Th	F	Sa
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					

## May '12

Su	M	Tu	W	Th	F	Sa
		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		

## June '12

Su	M	Tu	W	Th	F	Sa
					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

## July '12

Su	M	Tu	W	Th	F	Sa
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				

## August '12

Su	M	Tu	W	Th	F	Sa
			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	

## September '12

Su	M	Tu	W	Th	F	Sa
						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						

## October '12

Su	M	Tu	W	Th	F	Sa
	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			

## November '12

Su	M	Tu	W	Th	F	Sa
				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	

## December '12

Su	M	Tu	W	Th	F	Sa
						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					

# 2013 Calendar

## January '13

Su	M	Tu	W	Th	F	Sa
		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		

## February '13

Su	M	Tu	W	Th	F	Sa
					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		

## March '13

Su	M	Tu	W	Th	F	Sa	
						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	

## April '13

Su	M	Tu	W	Th	F	Sa
	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				

## May '13

Su	M	Tu	W	Th	F	Sa
			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	

## June '13

Su	M	Tu	W	Th	F	Sa
						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

## July '13

Su	M	Tu	W	Th	F	Sa
	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			

## August '13

Su	M	Tu	W	Th	F	Sa
				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

## September '13

Su	M	Tu	W	Th	F	Sa
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					

## October '13

Su	M	Tu	W	Th	F	Sa
		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		

## November '13

Su	M	Tu	W	Th	F	Sa
					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

## December '13

Su	M	Tu	W	Th	F	Sa
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				