

2022 XTREME

THE MORE YOU PUT INTO
LIFE THE MORE YOU GET OUT



DECEMBER 21

01	WED		18	SAT	
02	THU		19	SUN	
03	FRI		20	MON	WK 51
04	SAT		21	TUE	
05	SUN		22	WED	
06	MON	WK 49	23	THU	
07	TUE		24	FRI	
08	WED		25	SAT	
09	THU		26	SUN	
10	FRI		27	MON	WK 52
11	SAT		28	TUE	
12	SUN		29	WED	
13	MON	WK 50	30	THU	
14	TUE		31	FRI	
15	WED				
16	THU				
17	FRI				

27th: Bank Holiday (UK)

28th: Bank Holiday (UK)

Photo © Aurora Photos/AWL Images

ALLAN &
BERTRAM



EXPECT NOTHING,
APPRECIATE EVERYTHING



DECEMBER 21

S	M	T	W	T	F	S	WK
			1	2	3	4	48
5	6	7	8	9	10	11	49
12	13	14	15	16	17	18	50
19	20	21	22	23	24	25	51
26	27	28	29	30	31		52

27th: Bank Holiday (UK)
 28th: Bank Holiday (UK)

NOVEMBER 2021

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	44
7	8	9	10	11	12	13	45
14	15	16	17	18	19	20	46
21	22	23	24	25	26	27	47
28	29	30					48

JANUARY 2022

S	M	T	W	T	F	S	WK
30	31					1	52
2	3	4	5	6	7	8	1
9	10	11	12	13	14	15	2
16	17	18	19	20	21	22	3
23	24	25	26	27	28	29	4

JANUARY 22

01 SAT
02 SUN
03 MON WK 01
04 TUE
05 WED
06 THU
07 FRI
08 SAT
09 SUN
10 MON WK 02
11 TUE
12 WED
13 THU
14 FRI
15 SAT
16 SUN
17 MON WK 03

18 TUE
19 WED
20 THU
21 FRI
22 SAT
23 SUN
24 MON WK 04
25 TUE
26 WED
27 THU
28 FRI
29 SAT
30 SUN
31 MON WK 05

3rd: Bank Holiday (UK)
4th: Bank Holiday (Scotland)

Photo © Per Breiehagen/Getty Images

ALLAN &
BERTRAM

YOUR LIFE ISN'T YOURS IF YOU
ALWAYS CARE WHAT OTHERS THINK



RIDE

JANUARY 22



S	M	T	W	T	F	S	WK
30	31					1	52
2	3	4	5	6	7	8	1
9	10	11	12	13	14	15	2
16	17	18	19	20	21	22	3
23	24	25	26	27	28	29	4

3rd: Bank Holiday (UK)
4th: Bank Holiday (Scotland)

DECEMBER 2021

S	M	T	W	T	F	S	WK
		1	2	3	4	48	
5	6	7	8	9	10	11	49
12	13	14	15	16	17	18	50
19	20	21	22	23	24	25	51
26	27	28	29	30	31		52

FEBRUARY 2022

S	M	T	W	T	F	S	WK
		1	2	3	4	5	5
6	7	8	9	10	11	12	6
13	14	15	16	17	18	19	7
19	20	21	22	23	24	25	8
26	27	28					9

FEBRUARY 22

01 TUE	18 FRI
02 WED	19 SAT
03 THU	20 SUN
04 FRI	21 MON WK 08
05 SAT	22 TUE
06 SUN	23 WED
07 MON WK 06	24 THU
08 TUE	25 FRI
09 WED	26 SAT
10 THU	27 SUN
11 FRI	28 MON WK 09
12 SAT	
13 SUN	
14 MON WK 07	
15 TUE	
16 WED	
17 THU	

Photo © Andrej Trnkoczy/Getty Images

ALLAN &
BERTRAM





FEBRUARY 22

S	M	T	W	T	F	S	WK
		1	2	3	4	5	5
6	7	8	9	10	11	12	6
13	14	15	16	17	18	19	7
20	21	22	23	24	25	26	8
27	28						9

JANUARY 2022

S	M	T	W	T	F	S	WK
30	31				1	52	
2	3	4	5	6	7	8	1
9	10	11	12	13	14	15	2
16	17	18	19	20	21	22	3
23	24	25	26	27	28	29	4

MARCH 2022

S	M	T	W	T	F	S	WK		
				1	2	3	4	5	9
6	7	8	9	10	11	12	10		
13	14	15	16	17	18	19	11		
20	21	22	23	24	25	26	12		
27	28	29	30	31			13		

MARCH 22

01 TUE	18 FRI
02 WED	19 SAT
03 THU	20 SUN
04 FRI	21 MON WK 12
05 SAT	22 TUE
06 SUN	23 WED
07 MON WK 10	24 THU
08 TUE	25 FRI
09 WED	26 SAT
10 THU	27 SUN
11 FRI	28 MON WK 13
12 SAT	29 TUE
13 SUN	30 WED
14 MON WK 11	31 THU
15 TUE	
16 WED	17th: Bank Holiday (N. Ireland)
17 THU	

Photo © Sportstock/Getty Images

ALLAN &
BERTRAM



WHEN YOU FOCUS ON THE GOOD,
THE GOOD GETS BETTER



MARCH 22

S	M	T	W	T	F	S	WK
		1	2	3	4	5	9
6	7	8	9	10	11	12	10
13	14	15	16	17	18	19	11
20	21	22	23	24	25	26	12
27	28	29	30	31			13

17th: Bank Holiday (N. Ireland)

FEBRUARY 2022

S	M	T	W	T	F	S	WK
		1	2	3	4	5	5
6	7	8	9	10	11	12	6
13	14	15	16	17	18	19	7
20	21	22	23	24	25	26	8
27	28						9

APRIL 2022

S	M	T	W	T	F	S	WK
						1	2 13
3	4	5	6	7	8	9	14
10	11	12	13	14	15	16	15
17	18	19	20	21	22	23	16
24	25	26	27	28	29	30	17

APRIL 22

01 FRI

02 SAT

03 SUN

04 MON WK 14

05 TUE

06 WED

07 THU

08 FRI

09 SAT

10 SUN

11 MON WK 15

12 TUE

13 WED

14 THU

15 FRI

16 SAT

17 SUN

18 MON WK 16

19 TUE

20 WED

21 THU

22 FRI

23 SAT

24 SUN

25 MON WK 17

26 TUE

27 WED

28 THU

29 FRI

30 SAT

15th: Bank Holiday (UK)
18th: Bank Holiday (UK not Scotland)

Photo © Daniel Milchev/Getty Images

ALLAN &
BERTRAM



YOU ARE WHAT YOU DO,
NOT WHAT YOU SAY YOU'LL DO



APRIL 22

S	M	T	W	T	F	S	WK
					1	2	13
3	4	5	6	7	8	9	14
10	11	12	13	14	15	16	15
17	18	19	20	21	22	23	16
24	25	26	27	28	29	30	17

15th: Bank Holiday (UK)

18th: Bank Holiday (UK not Scotland)

MARCH 2022

S	M	T	W	T	F	S	WK
	1	2	3	4	5	9	
6	7	8	9	10	11	12	10
13	14	15	16	17	18	19	11
20	21	22	23	24	25	26	12
27	28	29	30	31			13

MAY 2022

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	7
8	9	10	11	12	13	14	18
15	16	17	18	19	20	21	19
22	23	24	25	26	27	28	20
29	30	31					21
							22

MAY 22

01	SUN		18	WED	
02	MON	WK 18	19	THU	
03	TUE		20	FRI	
04	WED		21	SAT	
05	THU		22	SUN	
06	FRI		23	MON	WK 21
07	SAT		24	TUE	
08	SUN		25	WED	
09	MON	WK 19	26	THU	
10	TUE		27	FRI	
11	WED		28	SAT	
12	THU		29	SUN	
13	FRI		30	MON	WK 22
14	SAT		31	TUE	
15	SUN				
16	MON	WK 20			
17	TUE				

2nd: Bank Holiday (UK)
30th: Bank Holiday (UK)

Photo © Joe McBride/Getty Images

ALLAN &
BERTRAM



NOT ALL STORIES COME TO
DISRUPT YOUR LIFE, SOME COME
TO CLEAR YOUR PATH



MAY 2022

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	18
8	9	10	11	12	13	14	19
15	16	17	18	19	20	21	20
22	23	24	25	26	27	28	21
29	30	31					22

2nd: Bank Holiday (UK)
30th: Bank Holiday (UK)

APRIL 2022

S	M	T	W	T	F	S	WK
					1	2	13
3	4	5	6	7	8	9	14
10	11	12	13	14	15	16	15
17	18	19	20	21	22	23	16
24	25	26	27	28	29	30	17

JUNE 2022

S	M	T	W	T	F	S	WK
						1	22
				1	2	3	4
5	6	7	8	9	10	11	23
12	13	14	15	16	17	18	24
19	20	21	22	23	24	25	25
26	27	28	29	30			26

JUNE 22

01	WED	18	SAT
02	THU	19	SUN
03	FRI	20	MON WK 25
04	SAT	21	TUE
05	SUN	22	WED
06	MON WK 23	23	THU
07	TUE	24	FRI
08	WED	25	SAT
09	THU	26	SUN
10	FRI	27	MON WK 26
11	SAT	28	TUE
12	SUN	29	WED
13	MON WK 24	30	THU
14	TUE		
15	WED		
16	THU		
17	FRI		

Photo © David Trood/Getty Images

ALLAN &
BERTRAM



A BEAUTIFUL DAY BEGINS
WITH A BEAUTIFUL MINDSET



JUNE 22

S	M	T	W	T	F	S	WK
			1	2	3	4	22
5	6	7	8	9	10	11	23
12	13	14	15	16	17	18	24
19	20	21	22	23	24	25	25
26	27	28	29	30			26

MAY 2022

S	M	T	W	T	F	S	WK
1	2	3	4	5	6	7	18
8	9	10	11	12	13	14	19
15	16	17	18	19	20	21	20
22	23	24	25	26	27	28	21
29	30	31					22

JULY 2022

S	M	T	W	T	F	S	WK		
1	2	3	4	5	6	7	8	9	26
10	11	12	13	14	15	16	17	18	27
19	20	21	22	23	24	25	26	27	28
28	29	30	31						29

JULY 22

01 FRI

02 SAT

03 SUN

04 MON WK 27

05 TUE

06 WED

07 THU

08 FRI

09 SAT

10 SUN

11 MON WK 28

12 TUE

13 WED

14 THU

15 FRI

16 SAT

17 SUN

18 MON WK 29

19 TUE

20 WED

21 THU

22 FRI

23 SAT

24 SUN

25 MON WK 30

26 TUE

27 WED

28 THU

29 FRI

30 SAT

31 SUN

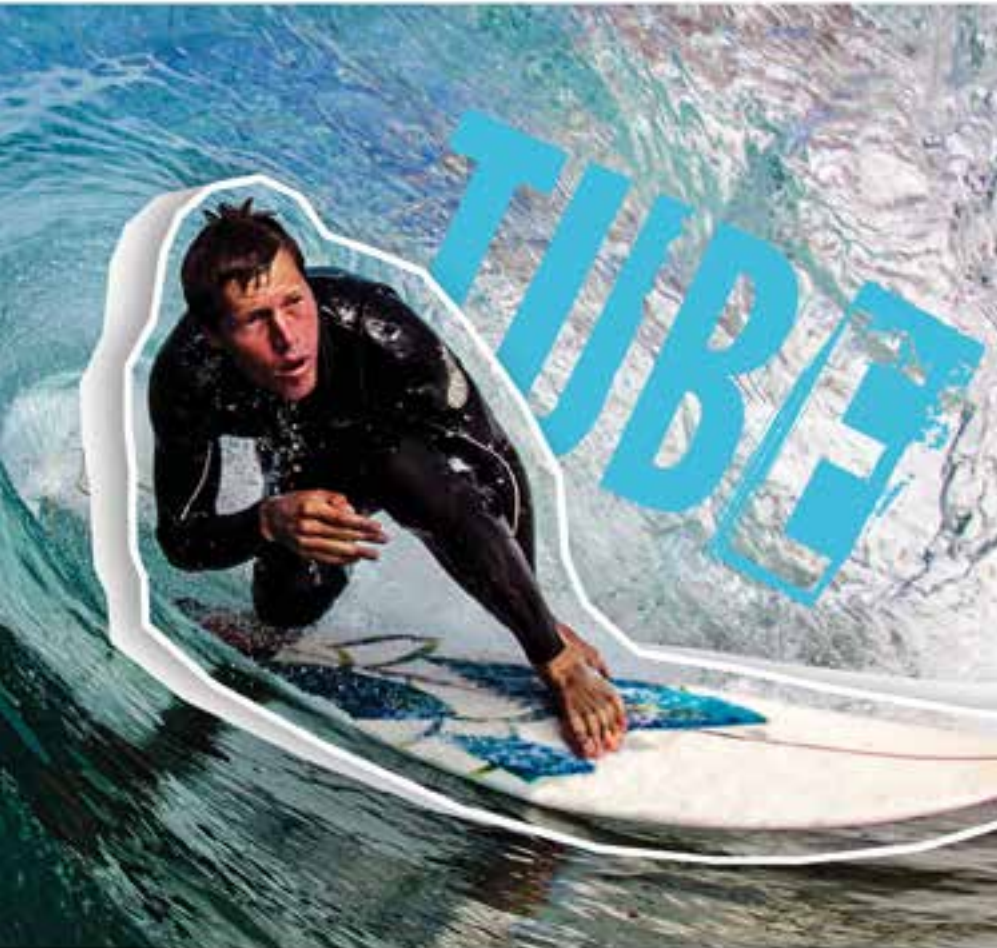
12th: Bank Holiday (N. Ireland)

Photo © David Pu'u/Getty Images

ALLAN &
BERTRAM



EVERY ACCOMPLISHMENT
STARTS WITH THE
DECISION TO TRY



JULY 22

S	M	T	W	T	F	S	WK
31					1	2	26
3	4	5	6	7	8	9	27
10	11	12	13	14	15	16	28
17	18	19	20	21	22	23	29
24	25	26	27	28	29	30	30

12th: Bank Holiday (N. Ireland)

JUNE 2022

S	M	T	W	T	F	S	WK
		1	2	3	4	22	
5	6	7	8	9	10	11	23
12	13	14	15	16	17	18	24
19	20	21	22	23	24	25	25
26	27	28	29	30			26

AUGUST 2022

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	31
7	8	9	10	11	12	13	32
14	15	16	17	18	19	20	33
21	22	23	24	25	26	27	34
28	29	30	31				35

AUGUST 22

01 MON	WK 31	18 THU	
02 TUE		19 FRI	
03 WED		20 SAT	
04 THU		21 SUN	
05 FRI		22 MON	WK 34
06 SAT		23 TUE	
07 SUN		24 WED	
08 MON	WK 32	25 THU	
09 TUE		26 FRI	
10 WED		27 SAT	
11 THU		28 SUN	
12 FRI		29 MON	WK 35
13 SAT		30 TUE	
14 SUN		31 WED	
15 MON	WK 33		
16 TUE			
17 WED			

1st: Bank Holiday (Scotland)
29th: Bank Holiday (UK not Scotland)

Photo © Doug Berry/Getty Images

ALLAN &
BERTRAM

PROVE YOURSELF TO
YOURSELF, NOT OTHERS





AUGUST 22

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	31
7	8	9	10	11	12	13	32
14	15	16	17	18	19	20	33
21	22	23	24	25	26	27	34
28	29	30	31				35

1st: Bank Holiday (Scotland)
 29th: Bank Holiday (UK not Scotland)

JULY 2022

S	M	T	W	T	F	S	WK
31				1	2	26	
3	4	5	6	7	8	9	27
10	11	12	13	14	15	16	28
17	18	19	20	21	22	23	29
24	25	26	27	28	29	30	30

SEPTEMBER 2022

S	M	T	W	T	F	S	WK
					1	2	3 35
4	5	6	7	8	9	10	36
11	12	13	14	15	16	17	37
18	19	20	21	22	23	24	38
24	25	26	27	28	29	30	39

SEPTEMBER 22

01 THU	18 SUN
02 FRI	19 MON WK 38
03 SAT	20 TUE
04 SUN	21 WED
05 MON WK 36	22 THU
06 TUE	23 FRI
07 WED	24 SAT
08 THU	25 SUN
09 FRI	26 MON WK 39
10 SAT	27 TUE
11 SUN	28 WED
12 MON WK 37	29 THU
13 TUE	30 FRI
14 WED	
15 THU	
16 FRI	
17 SAT	

Photo © Ascent Xmedia/Getty Images

ALLAN &
BERTRAM



CHANGE YOUR CAN'TS INTO
CAN DO'S AND DREAMS INTO PLANS



SEPTEMBER 22

S	M	T	W	T	F	S	WK
				1	2	3	35
4	5	6	7	8	9	10	36
11	12	13	14	15	16	17	37
18	19	20	21	22	23	24	38
25	26	27	28	29	30		39

AUGUST 2022

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	31
7	8	9	10	11	12	13	32
14	15	16	17	18	19	20	33
21	22	23	24	25	26	27	34
28	29	30	31				35

OCTOBER 2022

S	M	T	W	T	F	S	WK
30	31					1	39
2	3	4	5	6	7	8	40
9	10	11	12	13	14	15	41
16	17	18	19	20	21	22	42
23	24	25	26	27	28	29	43

OCTOBER 22

01 SAT
02 SUN
03 MON WK 40
04 TUE
05 WED
06 THU
07 FRI
08 SAT
09 SUN
10 MON WK 41
11 TUE
12 WED
13 THU
14 FRI
15 SAT
16 SUN
17 MON WK 42

18 TUE
19 WED
20 THU
21 FRI
22 SAT
23 SUN
24 MON WK 43
25 TUE
26 WED
27 THU
28 FRI
29 SAT
30 SUN
31 MON WK 44

ALLAN & BERTRAM
Photo © Matteo Zanetti/EyeEm/Getty Images



STOP TRYING TO CALM THE STORM:
CALM YOURSELF — THE STORM
WILL PASS



OCTOBER 22

FLV

S	M	T	W	T	F	S	WK
30	31					1	39
2	3	4	5	6	7	8	40
9	10	11	12	13	14	15	41
16	17	18	19	20	21	22	42
23	24	25	26	27	28	29	43

SEPTEMBER 2022

S	M	T	W	T	F	S	WK
				1	2	3	35
4	5	6	7	8	9	10	36
11	12	13	14	15	16	17	37
18	19	20	21	22	23	24	38
25	26	27	28	29	30		39

NOVEMBER 2022

S	M	T	W	T	F	S	WK
				1	2	3	44
4	5	6	7	8	9	10	45
11	12	13	14	15	16	17	46
18	19	20	21	22	23	24	47
25	26	27	28	29	30		48

NOVEMBER 22

01 TUE
02 WED
03 THU
04 FRI
05 SAT
06 SUN
07 MON WK 45
08 TUE
09 WED
10 THU
11 FRI
12 SAT
13 SUN
14 MON WK 46
15 TUE
16 WED
17 THU

18 FRI
19 SAT
20 SUN
21 MON WK 47
22 TUE
23 WED
24 THU
25 FRI
26 SAT
27 SUN
28 MON WK 48
29 TUE
30 WED

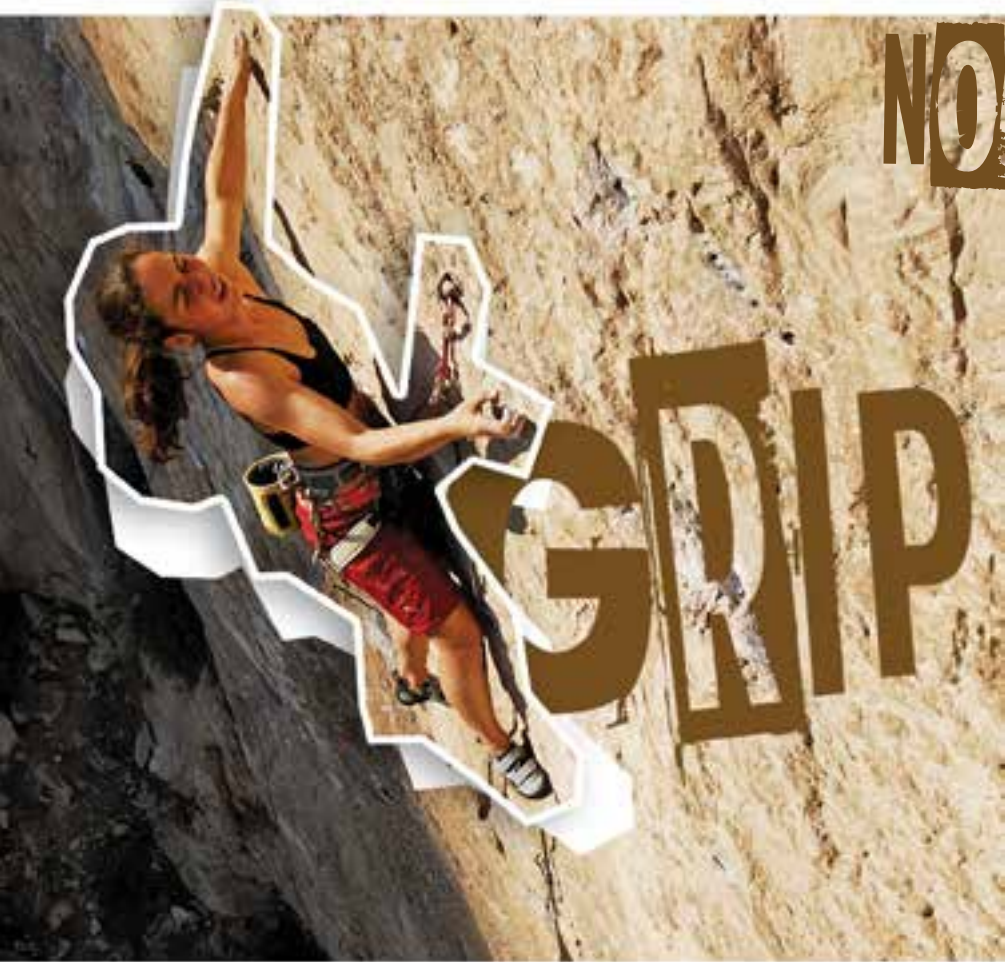
30th: Bank Holiday (Scotland)

Photo © Rich Wheeler/robertharding

ALLAN &
BERTRAM

FOCUS ON THE STEP
IN FRONT OF YOU,
NOT THE WHOLE STAIRCASE





NOVEMBER 22

S	M	T	W	T	F	S	WK
		1	2	3	4	5	44
6	7	8	9	10	11	12	45
13	14	15	16	17	18	19	46
20	21	22	23	24	25	26	47
27	28	29	30				48

30th: Bank Holiday (Scotland)

OCTOBER 2022

S	M	T	W	T	F	S	WK
30	31				1	39	
2	3	4	5	6	7	8	40
9	10	11	12	13	14	15	41
16	17	18	19	20	21	22	42
23	24	25	26	27	28	29	43

DECEMBER 2022

S	M	T	W	T	F	S	WK	
					1	2	3	48
4	5	6	7	8	9	10	49	
11	12	13	14	15	16	17	50	
18	19	20	21	22	23	24	51	
25	26	27	28	29	30	31	52	

DECEMBER 22

01 THU
02 FRI
03 SAT
04 SUN
05 MON WK 49
06 TUE
07 WED
08 THU
09 FRI
10 SAT
11 SUN
12 MON WK 50
13 TUE
14 WED
15 THU
16 FRI
17 SAT

18 SUN
19 MON WK 51
20 TUE
21 WED
22 THU
23 FRI
24 SAT
25 SUN
26 MON WK 52
27 TUE
28 WED
29 THU
30 FRI
31 SAT

26th: Bank Holiday (UK)
27th: Bank Holiday (UK)

Photo © Adie Bush/robertharding

ALLAN &
BERTRAM



THE LIFE IN FRONT OF YOU
IS FAR MORE IMPORTANT
THAN THE LIFE BEHIND YOU



DECEMBER 22

S	M	T	W	T	F	S	WK
				1	2	3	48
4	5	6	7	8	9	10	49
11	12	13	14	15	16	17	50
18	19	20	21	22	23	24	51
25	26	27	28	29	30	31	52

26th: Bank Holiday (UK)
27th: Bank Holiday (UK)

NOVEMBER 2022

S	M	T	W	T	F	S	WK
	1	2	3	4	5	4	44
6	7	8	9	10	11	12	45
13	14	15	16	17	18	19	46
20	21	22	23	24	25	26	47
27	28	29	30				48

JANUARY 2023

S	M	T	W	T	F	S	WK
	1	2	3	4	5	6	1
	8	9	10	11	12	13	2
	15	16	17	18	19	20	3
	22	23	24	25	26	27	4
	29	30	31				5

