

My progress

Regardless of how you and your mate are splitting the miles, you're going to want to keep track of your progress. We've created a calendar for you to make it super easy. Just fill in how far you run or walk each day and tally up your total.

Don't forget to share updates on your JustGiving page to make sure your friends and family are up to date with your progress.

My Motivation	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
My Goals	22	23	24	25	26	27	28
	29	30	31	Total Miles			