

Goal: 150 miles in September

Start date: Monday 1st September

Equal to
five miles
a day!

Day 1

.....
miles

Day 2

.....
miles

Day 3

.....
miles

Day 4

.....
miles

Day 5

.....
miles

You can
do it!

Day 6

.....
miles

Day 7

.....
miles

Day 8

.....
miles

Day 9

.....
miles

Day 10

.....
miles

Day 11

.....
miles

Day 12

.....
miles

Day 13

.....
miles

Day 14

.....
miles

Day 15

.....
miles

Halfway
there!

Day 16

.....
miles

Day 17

.....
miles

Day 18

.....
miles

Day 19

.....
miles

Day 20

.....
miles

Day 21

.....
miles

Day 22

.....
miles

Day 23

.....
miles

Day 24

.....
miles

Day 25

.....
miles

Keep
going!

Day 26

.....
miles

Day 27

.....
miles

Day 28

.....
miles

Day 29

.....
miles

Day 30

.....
miles

Childhood
Cancer
Awareness
Month

Total:

Well
done!



Share your
progress in the
Facebook group!



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