

WALK MILES IN NOVEMBER

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Weekly Miles	Weekly Raised
GOOD LUCK!						1		
2	3	4	5	6	7 FIRST WEEK DOWN!	8		
9	10	11	12	13	14	15 HALFWAY ALREADY!		
16	17	18	19	20	21	22		
23	24	25 LAST PUSH!	26	27	28	29		
30 CHALLENGE COMPLETE!	CONGRATULATIONS!							
Log your miles, tick off the days, and power through your PCR challenge!							MILES	TOTAL £

