



Track your progress

Walk, jog, run or wheel your way to 56 miles – you challenge, your way!

Use the tracker to record your distances and celebrate your progress.

Scan the QR code to download your digital milestone medals and much more!



									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	Total Miles		

Download your week 1 digital medal

Download your halfway digital medal

Download your completion medal



Raise £100 for your medal and £200 for your running belt.



Weekly fundraising total

Week 1	Week 2	Week 3	Week 4	Total Raised
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Congratulations!