



PROGRESS TRACKER

Walk 500 starting this summer and not only will you enjoy a memorable season in the sun you will feel amazing, we guarantee it! Set your finish date to suit your fitness and ambition (see page 18 of the May issue of

Country Walking for more details about that) and don't forget to join the community at www.facebook.com/groups/walk500mileschallenge Happy walking!



Name _____

Start date ____/____/____ End date ____/____/____

	M	T	W	T	F	S	S	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
MONTHLY TOTAL	MILES							→

	M	T	W	T	F	S	S	TOTAL
WEEK 17								
WEEK 18								
WEEK 19								
WEEK 20								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

WEEK 5								
WEEK 6								
WEEK 7								
WEEK 8								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

WEEK 21								
WEEK 22								
WEEK 23								
WEEK 24								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

WEEK 9								
WEEK 10								
WEEK 11								
WEEK 12								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

WEEK 25								
WEEK 26								
WEEK 27								
WEEK 28								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

WEEK 13								
WEEK 14								
WEEK 15								
WEEK 16								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

WEEK 29								
WEEK 30								
WEEK 31								
WEEK 32								
MONTHLY TOTAL	MILES		RUNNING TOTAL		MILES			→

GRAND TOTAL MILES! I SMASHED IT!

