

# I WOULD WALK 500 MILES



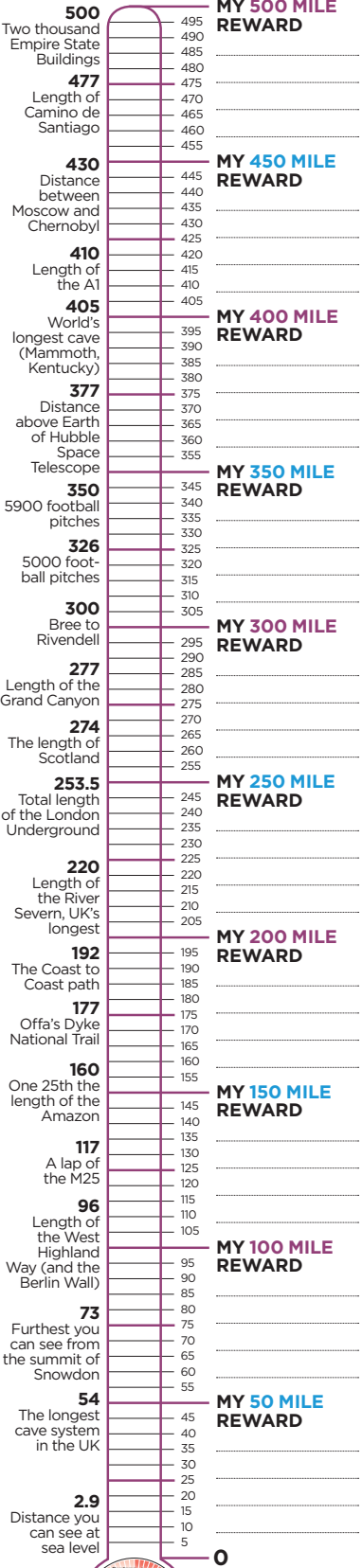
Walk 500 miles and you won't just become a Proclaimer, you'll have an unforgettable summer, and earn a stunning medal. For a printable version of this chart go to [www.walk1000miles.co.uk/charts](http://www.walk1000miles.co.uk/charts)



Name \_\_\_\_\_  
 Start date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ End date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**500 MILES!**  
 WHAT ARE YOU UP TO?

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	7-DAY STREAK	WEEKLY TOTAL	4 WEEK TOTAL
1								<input type="checkbox"/>		
2								<input type="checkbox"/>		
3								<input type="checkbox"/>		
4								<input type="checkbox"/>		RUNNING TOTAL
5								<input type="checkbox"/>		
6								<input type="checkbox"/>		
7								<input type="checkbox"/>		
8								<input type="checkbox"/>		RUNNING TOTAL
9								<input type="checkbox"/>		
10								<input type="checkbox"/>		
11								<input type="checkbox"/>		
12								<input type="checkbox"/>		RUNNING TOTAL
13								<input type="checkbox"/>		
14								<input type="checkbox"/>		
15								<input type="checkbox"/>		
16								<input type="checkbox"/>		RUNNING TOTAL
17								<input type="checkbox"/>		
18								<input type="checkbox"/>		
19								<input type="checkbox"/>		
20								<input type="checkbox"/>		RUNNING TOTAL
21								<input type="checkbox"/>		
22								<input type="checkbox"/>		
23								<input type="checkbox"/>		
24								<input type="checkbox"/>		RUNNING TOTAL
25								<input type="checkbox"/>		
26								<input type="checkbox"/>		
27								<input type="checkbox"/>		
28								<input type="checkbox"/>		RUNNING TOTAL
29								<input type="checkbox"/>		
30								<input type="checkbox"/>		
31								<input type="checkbox"/>		
32								<input type="checkbox"/>		RUNNING TOTAL



**GRAND TOTAL**  **MILES!**