

#RUN 1000 MILES

PROGRESS TRACKER

As useful as activity trackers and GPS watches are, there's something reassuring about a simple table that you can fill in and stick to the fridge. That's why we've included this handy tracker, so you can keep up

to date with your progress in an easy way. So, starting with your first run, fill in your daily totals and watch how quickly the miles pile up. When you reach your total (or even if you don't) share your achievements with us on social media.



NAME _____ START DATE ____ / ____ / 2019 END DATE ____ / ____ / 2019

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

	M	T	W	T	F	S	S	TOTAL
WEEK 5								
WEEK 6								
WEEK 7								
WEEK 8								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 9								
WEEK 10								
WEEK 11								
WEEK 12								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 13								
WEEK 14								
WEEK 15								
WEEK 16								
RUNNING TOTAL								
MILES								

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

	M	T	W	T	F	S	S	TOTAL
WEEK 21								
WEEK 22								
WEEK 23								
WEEK 24								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 25								
WEEK 26								
WEEK 27								
WEEK 28								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 29								
WEEK 30								
WEEK 31								
WEEK 32								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 33								
WEEK 34								
WEEK 35								
WEEK 36								
RUNNING TOTAL								
MILES								

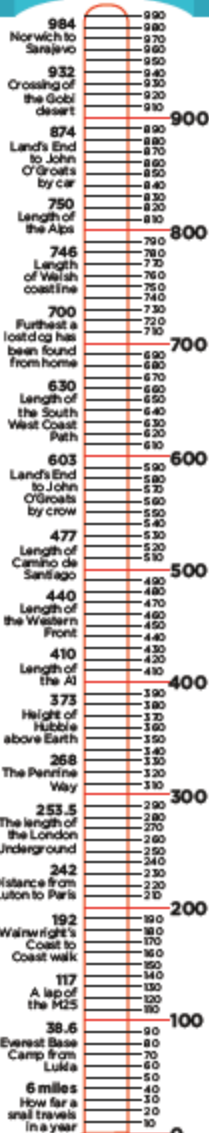
	M	T	W	T	F	S	S	TOTAL
WEEK 37								
WEEK 38								
WEEK 39								
WEEK 40								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 41								
WEEK 42								
WEEK 43								
WEEK 44								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 45								
WEEK 46								
WEEK 47								
WEEK 48								
RUNNING TOTAL								
MILES								

	M	T	W	T	F	S	S	TOTAL
WEEK 49								
WEEK 50								
WEEK 51								
WEEK 52								
RUNNING TOTAL								
MILES								

1000 MILES!



GRAND TOTAL
 MILES
I'M A 1000 MILER!

