

# I WOULD WALK 500 MILES



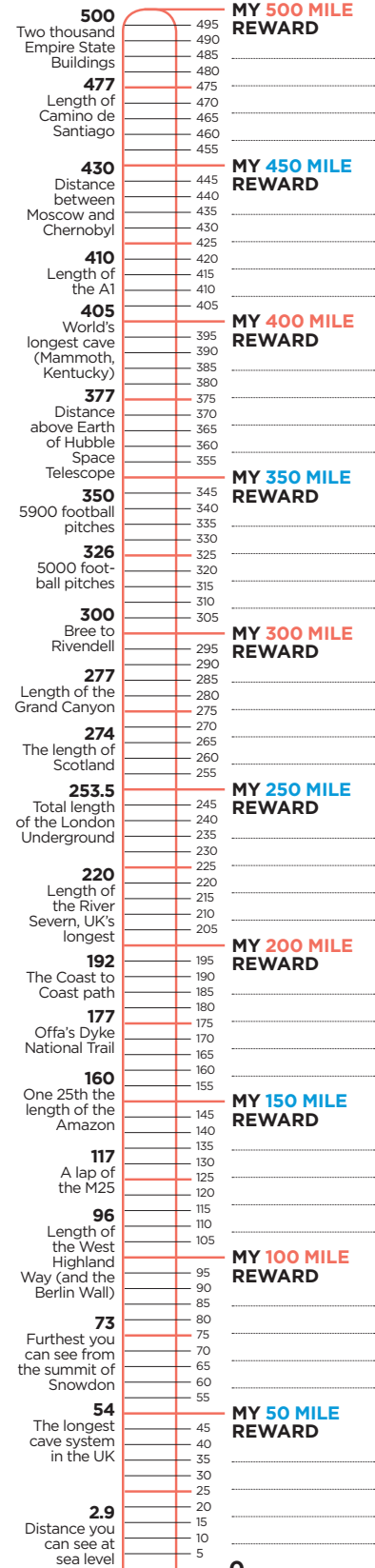
Walk 500 miles starting this May, June or July and you won't just become a Proclaimer, you'll have an unforgettable summer! Tailor your duration to suit your situation and ambition and don't forget to order your beautiful 500 mile Completer Medal from: [www.walk1000miles.co.uk/shop](http://www.walk1000miles.co.uk/shop)

Name \_\_\_\_\_

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

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

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL	4 WEEK TOTAL
1									
2									
3									
4									
5									
6									
7									RUNNING TOTAL
8									
9									
10									
11									RUNNING TOTAL
12									
13									
14									
15									RUNNING TOTAL
16									
17									
18									
19									RUNNING TOTAL
20									
21									
22									
23									RUNNING TOTAL
24									
25									
26									
27									RUNNING TOTAL
28									
29									
30									
31									RUNNING TOTAL
32									



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



Fill me in!