WOULD WALK 500 MILES



Name _

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

ES	
500 MILES!	

V		,	Start dat	:e	_/	_/	End	d date _	/	/	W	HAT AR	E YO	U UP TO?
WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	7-DAY STREAK	WEEKLY TOTAL	4 WEEK TOTAL	500 Two thousand Empire State	d	— 495 — 490	MY 500 MILE REWARD
1								0			Building 47	s	— 485 — 480 — 475	
2								0			Length o Camino d	of	— 470 — 465	
3								0			Santiage 430	\vdash	— 460 — 455	MY 450 MILE
										RUNNING TOTAL	Distance between	e n	— 445 — 440	REWARD
4								0			Moscow and Chernoby		— 435 — 430 — 425	
5								0			Length o	f	— 420 — 415	
6								0			the A 40! World	5	— 410 — 405	MY 400 MILE
7								0			longest cave (Mammoth	e 1,	— 395 — 390 — 385	REWARD
8								0		RUNNING TOTAL	Kentucky	7 📖	— 380 — 375	
9								0			Distanc above Eartl of Hubbl	h	— 370 — 365 — 360	
10								0			Spac Telescop	e	— 355	MY 350 MILE
											350 5900 footba	11	— 345 — 340 — 335	REWARD
11								0		RUNNING TOTAL	pitche	5 📖	— 330 — 325	
12								0			5000 foot ball pitche		— 320 — 315 — 310	
13								0			300 Bree to		— 305	MY 300 MILE
14								0			Rivende	7	— 295 — 290 — 285	REWARD
15								0			Length of the Grand Canyon	า	— 280 — 275	
16								0		RUNNING TOTAL	The length of	f	— 270 — 265 — 260	
											Scotland 253.	5	— 255	MY 250 MILE
17								0			Total lengtl of the Londor Underground	n 🔚	— 245 — 240 — 235	REWARD
18								0			220		230 225 220	
19								0		RUNNING TOTAL	Length o the Rive Severn, UK'	r	— 215 — 210	
20								0		ROMAINO TOTAL	longes	it	205	MY 200 MILE REWARD
21								0			The Coast to Coast pat	o	— 190 — 185	KEWARD
22								0			17 7 Offa's Dyk		— 180 — 175 — 170	
23								0			National Tra		— 165 — 160	
										RUNNING TOTAL	One 25th the length of the	e e	— 155 — 145	MY 150 MILE REWARD
24								0			Amazoi		— 140 — 135	N=WAND
25								0			A lap o the M2	f	130 125 120	
26								0			96 Length o	f	— 115 — 110 — 105	
27								0			the Wes Highland Way (and the	d -	95	MY 100 MILE REWARD
28								0		RUNNING TOTAL	Berlin Wall)	— 90 — 85 — 80	
29								0			Furthest you can see from	u 📉	— 75 — 70	
30								0			the summit o	of	— 65 — 60 — 55	
											The longes	t	— 45	MY 50 MILE REWARD
31								0		RUNNING TOTAL	cave systen in the UI	(— 40 — 35 — 30	
32								0			2.9	, —	25 20	
CF			TO	ГЛІ						IECI	Distance you can see a	u t	— 15 — 10 — 5	
ur	RAN	U	IU	H	_					LES!	sea leve	walking Walk	\leftarrow	0











FUJIFILM TREKMATES MACS



Fill me in!