





USE THIS CALENDAR TO TRACK YOUR PROGRESS THROUGHOUT ACTIVE AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 CONGRATS!  Thank you for getting active to fight hunger! Total KM Completed: _____	MY GOAL FOR ACTIVE AUGUST IS:				1 IT'S GO TIME!! Total KM Completed: _____	2 Total KM Completed: _____
3 Total KM Completed: _____	4 Total KM Completed: _____	5  WOOHOO YOU'RE DOING GREAT! Total KM Completed: _____	6 Total KM Completed: _____	7 Total KM Completed: _____	8  Total KM Completed: _____	9 Total KM Completed: _____
10 Total KM Completed: _____	11 Total KM Completed: _____	12 Total KM Completed: _____	13 Total KM Completed: _____	14  Total KM Completed: _____	15 Total KM Completed: _____	16 YOU'RE PAST THE HALF-WAY MARK! Total KM Completed: _____
17 Total KM Completed: _____	18  Total KM Completed: _____	19 Total KM Completed: _____	20 YOU'VE GOT THIS, KEEP GOING Total KM Completed: _____	21 Total KM Completed: _____	22 Total KM Completed: _____	23  Total KM Completed: _____
24 Total KM Completed: _____	25 THIS TIME NEXT WEEK YOU'LL BE FINISHED! Total KM Completed: _____	26 Total KM Completed: _____	27  Total KM Completed: _____	28 YOU ARE SO CLOSE, FINISH STRONG! Total KM Completed: _____	29 Total KM Completed: _____	30 Total KM Completed: _____