



USE THIS CALENDAR TO TRACK YOUR PROGRESS THROUGHOUT ACTIVE AUGUST

SUNDAY

MONDAY

TUESDAY







WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 Total KM Completed: _____	6  Total KM Completed: _____	7 WOOHOO YOU'RE DOING GREAT! 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 Total KM Completed: _____	29 YOU ARE SO CLOSE, FINISH STRONG! Total KM Completed: _____	30 Total KM Completed: _____	31 CONGRATS!  Thank you for getting active to fight hunger! Total KM Completed: _____