

Walk 100 miles in May

			Day 1  Start	Day 2	Day 3	Day 4 First week done!	Weekly total
Day 5	Day 6	Day 7 You can do it!	Day 8	Day 9	Day 10	Day 11 Second week done!	Weekly total
Day 12	Day 13	Day 14 You've got this!	Day 15	Day 16 Halfway there!	Day 17	Day 18	Weekly total
Day 19	Day 20	Day 21 Great work!	Day 22	Day 23	Day 24	Day 25 Last seven days!	Weekly total
Day 26	Day 27	Day 28 Almost there!	Day 29	Day 30	Day 31  Finish!	You reached _____ miles	