

# A RUN FOR EVERY YEAR

Keep track of your progress! Mark off each run by writing your distance in the relevant day and tallying up at the end of each week. Every runner who completes 40 runs (or more) will receive a special edition medal. GOOD LUCK!

Tracker Inspired by **James Savage**

JUNE

M	T	W	T	F	S	S	TOTAL
						28	
29	30						

JULY

M	T	W	T	F	S	S	WEEKLY TOTAL
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

AUGUST

M	T	W	T	F	S	S	WEEKLY TOTAL
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

SEPTEMBER

M	T	W	T	F	S	S	WEEKLY TOTAL
	1	2	3	4	5	6	
7	8	9	10	11	12	GNR VIRTUAL	