

5KM DAY CHALLENGE

NAME:

Email:.....

MAY 5KM/DAY CHALLENGE	HOW MANY KM COMPLETED	NOTES eg Weather/Route/Your time for 5km/Personal Bests
1/5/14 DAY 1 We want to see you!		Optional GROUP WALK 6AM R.S.F. 5KM meet at studio Day 1 TEAM PHOTO
2/5/14		
3/5/14		
4/5/14		
5/5/14		
6/5/14		
7/5/14		
8/5/14		Optional GROUP WALK 6AM R.S.F. 5KM meet at studio
9/5/14		
10/5/14		
11/5/14		
12/5/14		
13/5/14		
14/5/14		
15/5/14		Optional GROUP WALK 6AM R.S.F. 5KM meet at studio
16/5/14		
17/5/14		
18/5/14		
19/5/14		
20/5/14		
21/5/14		
22/5/14		Optional GROUP WALK 6AM R.S.F. 5KM meet at studio
23/5/14		
24/5/14		
25/5/14		
26/5/14		
27/5/14		
28/5/14		
29/5/14		Optional GROUP WALK 6AM R.S.F. 5KM meet at studio
30/5/14		
31/5/14 We want to see you!		SATURDAY MORNING GROUP WALK 7AM R.S.F. 5KM GRAND FINALE with BREAKFAST TREATS 7am meet at studio TEAM PHOTO

Complete this log daily and hand in at the end of the CHALLENGE by 7/6/14 to go into the draw to win prizes.