



LAND'S END TO JOHN O' GROATS

TRACKING CARD



WHAT ARE YOU WAITING FOR?

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LAND'S END TO JOHN O' GROATS

Name: _____

- Each of the squares on the chart is equivalent to 30 minutes of exercise and 1 stage of the challenge.
- You may travel a maximum of 2 stages per visit.
- Shade or initial 1 square, for each stage that you complete, to log your progress.

PROGRESS							
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	YOU'VE MADE IT HALFWAY!
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	WELL DONE YOU'VE FINISHED!