

Name: _____

May 100k Challenge

May	Activity (ex. Walk, run, bike ride, etc.)	Distance (km)
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		
END OF MAY	TOTAL km =	

If you reach the 100 km Challenge by the end of the month, I will deliver a prize to your house! Get up and get active all month long!