

#ike4helis

Progress Tracker

My aim is to do _____ steps/miles by the end of April

Total Steps/Miles
this week

			Thurs 1st April	Fri 2nd April	Sat 3rd April	Sun 4th April	
Mon 5th April	Tue 6th April	Wed 7th April	Thur 8th April	Fri 9th April	Sat 10th April	Sun 11th April	
Mon 12th April	Tue 13th April	Wed 14th April	Thur 15th April	Fri 16th April	Sat 17th April	Sun 18th April	
Mon 19th April	Tue 20th April	Wed 21st April	Thur 22nd April	Fri 23rd April	Sat 24th April	Sun 25th April	
Mon 26th April	Tue 27th April	Wed 28th April	Thur 29th April	Fri 30th April			