









My Paws for Prevention Challenge Tracker

Record your distance and time each day on the grid below, see how far you can go!

1	2	3 	4	5	6
7	Yeah that's week 1 completed - keep going!	8	9	10 	11
12	13	14	15	16	17
18	19 	20	21	Your half way - no turning back now!	22
23	24	25	26 	27	28
29	30	31	32	33	34 
35	36	37 	38	39	40
Only 5 more days to go	41	42	43	44	45 Fantastic you've done it!