

I'm fundraising for
**CROHN'S &
COLITIS UK**

Run KM/miles
Distance tracker

Keep track of your daily runs and you'll soon reach your target!

Day 1	Day 2	Day 3	Day 4	Day 5	
Day 6	Day 7	Day 8	Day 9	Day 10	
Day 11	Day 12	Day 13	Day 14	Day 15	
Day 16	Day 17	Day 18	Day 19	Day 20	
Day 21	Day 22	Day 23	Day 24	Day 25	
Day 26	Day 27	Day 28	Day 29	Day 30	
Day 31	Total Kilometres/Miles run in one month				→

Congratulations, you did it! 

Thank you so much for raising funds for Crohn's and Colitis UK.
Don't forget to share your success, by tagging us on social media!



www.crohnsandcolitis.org.uk

