



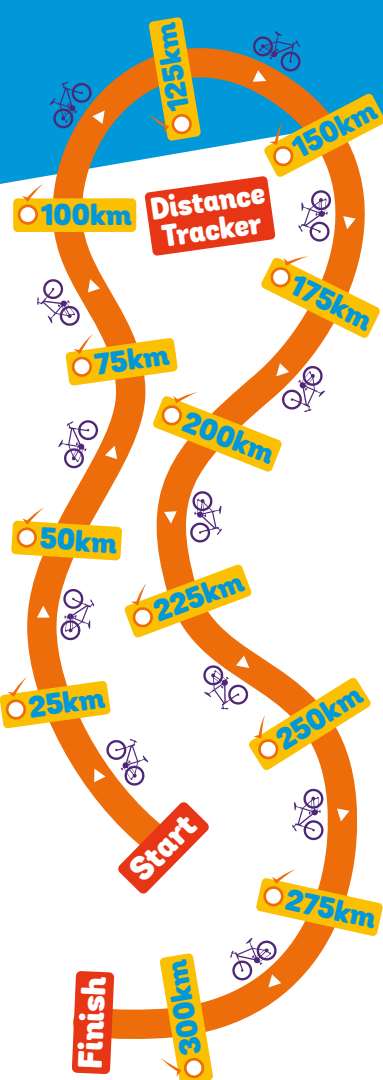
# RIDE IT

RIDE 300KM IN APRIL

# Challenge tracker

**CROHN'S & COLITIS UK**

Track your kilometres completed on this handy calendar or why not use this to plan your month of rides



M	T	W	T	F	S	S	WEEKLY TOTAL KM	WEEKLY TOTAL £
Ready, Set, Ride...	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	YAY!	YOU	DID	IT!	FINAL TOTAL KM	FINAL TOTAL £

Tag us in your photos! #RIDEIT @crohnsandcolitisuk