

STEP UP TO BREAST CANCER

Walk or run 57Kms for the 57 Australians diagnosed every day.

TRACK YOUR PROGRESS

Record how many KMS you complete.

KMS Goal:

Day 1: _____ KMS	Day 2: _____ KMS	Day 3: _____ KMS	Day 4: _____ KMS	Day 5: _____ KMS	 You're doing great!	
Day 10: _____ KMS	Day 9: _____ KMS	Day 8: _____ KMS	Day 7: _____ KMS	Day 6: _____ KMS		
Day 19: _____ KMS	Day 11: _____ KMS	Day 12: _____ KMS	Day 13: _____ KMS	Day 14: _____ KMS		Day 15: _____ KMS
Day 20: _____ KMS	Day 18: _____ KMS	Day 17: _____ KMS	Day 16: _____ KMS			
Day 27: _____ KMS	Day 21: _____ KMS	Day 22: _____ KMS	Day 23: _____ KMS	 Almost there!		
Day 28: _____ KMS	Day 26: _____ KMS	Day 25: _____ KMS	Day 24: _____ KMS			
Day 29: _____ KMS	Day 30: _____ KMS	Day 31: _____ KMS	 You did it!			
				Total KMSs completed		