

Stick me on your fridge!

150K IN NOVEMBER CHALLENGE

PROGRESS TRACKER

Fundraising for Waverley Care

Each box represents one day of the challenge this November. Some days you will cover more distance than others, and that's ok! Track your progress each day and tally your weekly totals to keep a record of your challenge. Why not take a photo at the end of each week and upload it to your Facebook fundraiser, showcasing your progress to your donors!

The challenge is set to kilometres, but you could track miles or even steps, if you prefer! 150 kilometres over 30 days is 5k per day (or 3.1 miles / 6250 steps per day).

WEEK 1	1	2	3	4	5	6	7	RUNNING TOTAL <small>(TARGET=35 KILOMETRES)</small>	
WEEK 2	8	9	10	11	12	13	14	RUNNING TOTAL <small>(TARGET=35 KILOMETRES)</small>	
WEEK 3	15	16	17	18	19	20	21	RUNNING TOTAL <small>(TARGET=35 KILOMETRES)</small>	
WEEK 4	22	23	24	25	26	27	28	RUNNING TOTAL <small>(TARGET=35 KILOMETRES)</small>	
WEEK 5	29	30	GRAND TOTAL!	CONGRATULATIONS!					You have completed the 150K in November Challenge. Your fundraising will help provide vital services across Scotland to support people living with HIV and hepatitis C. Waverley Care couldn't carry out this life-changing work without amazing superheroes like you. Thank you!

Have questions or need support?

Check out our FAQ page at www.waverleycare.org/150kinNovember/FAQs, email fundraising@waverleycare.org or speak to one of our team on 0131 556 9710.

