

Walk 45 Miles Challenge Calendar



Bowelbabe Fund
for Cancer Research UK



Keep track
of your miles
in October.

				1 Lace up! Time to start walking.	2	3	4
5 Popping to the shops? Why not walk there?	6	7	8	9	10 Try a new walking route.	11	
12	13	14	15 Halfway through!	16	17	18	
19	20	21	22	23	24 Keep on walking! Only one week to go.	25	
26	27	28	29	30	31 You've done it! Put your feet up, hero!		

Visit cruk.org/walk-45-miles-oct

