

# WALK 100K IN MARCH

#100KFORSCAA

Use this tracker to keep a log of the K's you've walked! Write down your daily K's as you complete them and watch the tally stack up as you work your way through the challenge during March. Complete your walking whenever, wherever and however you like!

4 K TODAY! EXAMPLE	K TODAY! 1	K TODAY! 2	K TODAY! 3	K TODAY! 4	K TODAY! 5	
K TODAY! 6	K TODAY! 7	K TODAY! 8	K TODAY! 9	K TODAY! 10	K TODAY! 11	K TODAY! 12
K TODAY! 13	K TODAY! 14	K TODAY! 15	K TODAY! 16	K TODAY! 17	K TODAY! 18	K TODAY! 19
K TODAY! 20	K TODAY! 21	K TODAY! 22	K TODAY! 23	K TODAY! 24	K TODAY! 25	K TODAY! 26
K TODAY! 27	K TODAY! 28	K TODAY! 29	K TODAY! 30	K TODAY! 31	I WALKED K IN MARCH FOR SCAA!	

Don't forget to share challenge photos and updates in the Facebook Group!

Scan to access the challenge FB group!

