



40K YOUR WAY IN MAY TRACKER

Use your tracker card to help keep yourself motivated and accountable throughout your challenge. Set targets and log your weekly KMs. Remember, you have 31 days to complete your challenge. It's all about doing it **Your Way**, so set your own pace. Rest days are also welcome!



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL
				1	2	3	
				GOOD LUCK			
4	5	6	7	8	9	10	
						KEEP GOING	
11	12	13	14	15	16	17	
REMEMBER YOUR WHY							
18	19	20	21	22	23	24	
				YOU CAN DO IT!			
25	26	27	28	29	30	31	
		ALMOST THERE!!					
						YOU DID IT!	

Total KMs in May:



Total Amount Raised:



CONGRATULATIONS! ★
THANKS SO MUCH FOR SUPPORTING
PEOPLE LIVING WITH MOTOR NEURONE DISEASE