

Prostate  
Cancer  
Foundation

4th Annual  
**100 Miles  
in March**  
*Run/Walk Challenge*



pcf.org

# Run/Walk Mile Tracker

SUN	MON	TUE	WED	THU	FRI	SAT
					Day 1	Day 2
Day 3	Day 4	Day 5	Day 6	Day 7 <i>1st week done - keep going!</i>	Day 8	Day 9
Day 10	Day 11	Day 12	Day 13	Day 14	Day 15 <i>Yay me! I'm halfway there!</i>	Day 16
Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23
Day 24	Day 25	Day 26	Day 27	Day 28	Day 29 <i>Nearly there!</i>	Day 30
Day 31						

## MARCH 2024



Facebook.com/groups/100MilesinMarch2024

I achieved

\_\_\_\_\_ miles in March!