

Jog 100km in October Challenge!

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Day 1 <i>Lace up your shoes and let's get jogging</i>
2	3	4	5	6	7 1 week in! <i>You're doing great!</i>	8
9	10	11	12 <i>Not long to go - You got this!</i>	13	14	15 Woo-hoo! <i>Halfway there, you're doing amazing</i>
16	17	18	19	20 <i>Stay strong! 75km down, 25km to go</i>	21	22
23	24	25 <i>7 days to go!</i>	26	27	28	29
30	31 Congrats! <i>You made it! You're a superstar</i>					

