



Daily Mile Minute Tracker

Keep track of how many minutes you run/jog/wheel/walk each week- set a goal and watch the minutes mount up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Total
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									

We would love to hear about how you are achieving your Daily Mile and how this makes you feel. Tell us your stories by emailing thedailymile@northlincs.gov.uk. Any submissions will be go into a prize draw, details of which can be found at www.northlincs.gov.uk/nlactive/fitforlife. Further information and resources can also be found here. **#NLActive #NLgetmoving #Fitforlife**