

Track your Progress 2020

Participant Name:

Goal:

Thank-you for agreeing to be a “Go for JOE” Participant. To help keep track of your progress both in terms of time/distance spent walking, running, or riding and for donations which have been raised, please use the following form. You can track your kilometers or time (or both).

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| --- | --- | --- | --- |
| Date: October | Number of Kilometers you Walked/Ran or Rode | Amount of time you Walked/Ran or Rode | Money raised |
| Week 1 |  |  |  |
| Week 2 |  |  |  |
| Week 3 |  |  |  |
| Week 4 |  |  |  |
|  |  |  |  |
| Grand Total |  |  |  |

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| --- | --- | --- |
| Sponsor Name | Sponsor Amount |  |
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