





# Miles for Musgrove

Day of the week  
You could...

- Run 
- Cycle 
- Walk 
- Row 

I am \_\_\_\_\_ (activity) \_\_\_\_\_ (distance) Miles for Musgrove!

							TOTAL MILES
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

## Distance Ideas

- Half Marathon**  
= 13.1 miles
- A mile a day**  
= 31 miles
- Wellington to Wells**  
= 40 miles
- Frome to Chard**  
= 50 miles
- Great Exmoor ride**  
= 66 miles

To support me, please visit my fundraising page:

**WWW.** \_\_\_\_\_