

# ROUTE PLANNER



Ever heard the saying “a goal without a plan is just a wish?”

Keep yourself on track to reach your fitness goal with this handy tracker.

**GETTING STUCK INTO IT!**

**RUN 1**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 2**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 3**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 4**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 5**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 6**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 7**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**HALFWAY THERE!**

**RUN 8**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 9**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 10**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 11**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**DON'T GIVE UP, YOU'RE NEARLY THERE!**

**RUN 12**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 13**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**RUN 14**  
Date \_\_\_\_\_  
km \_\_\_\_\_

**YOU'VE COMPLETED THE RESCUE RUN!**  
Total km \_\_\_\_\_