



# TRACKING SHEET

If you're up for the challenge to complete 300km with your dog, then this is your free tracking sheet to keep track of the distance you've covered. Once you have reached the 300km goal, take a picture of the tracking sheet and send it to [animaltalk@panorama.co.za](mailto:animaltalk@panorama.co.za). Don't forget to register, for free, on [www.animaltalk.co.za](http://www.animaltalk.co.za). Every dog should have his own sheet. Ready? Steady? Go!

NAME: \_\_\_\_\_ START DATE: \_\_\_\_\_

DOG'S NAME: \_\_\_\_\_ END DATE: \_\_\_\_\_

	M	T	W	T	F	S	S	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								

\_\_\_\_\_ KILOMETRES

	M	T	W	T	F	S	S	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								

\_\_\_\_\_ KILOMETRES

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WEEK 2								
WEEK 3								
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