

CHALLENGE PROGRESS TRACKER

PLAN IT • TRACK IT • FINISH IT



RUNNER

RUNNER

MY CHALLENGE

1000 KM / 2026 KM / 2026 MILES

TARGET	CURRENT	REMAINING

AT A GLANCE

Fill this in whenever you update your progress.

TARGET DATE	WEEKLY TARGET	MONTHLY TARGET	% COMPLETE

MY RUNNING RULES

What counts towards your challenge? What will keep you consistent?

THE 100% TRACKER

Colour, tick or shade each milestone as you go.

CHOOSE YOUR CHALLENGE

1000 KM

10 × 100 KM

2026 KM

20 × ~101 KM

2026 MILES

20 × ~101 MILES

0%

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

MILESTONE DATES

Write down the date you hit each marker.

MILESTONE	DATE	DISTANCE	HOW IT FELT
10%			
25%			
50%			
75%			
90%			
100% • FINISH			

KEEP MOVING. KEEP GOING.

The goal is the destination. The habit is the achievement.

REST OF YEAR PLAN

Use the remaining months to turn the challenge into a realistic weekly target.

MONTH	DAYS LEFT	TARGET	ACTUAL	CUMULATIVE
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				

WEEKLY TARGET BUILDER

Recalculate when life changes. Staying on track does not mean being perfect.

WEEK	TARGET	ACTUAL	AHEAD / BEHIND	NEXT TARGET
1				
2				
3				
4				
5				
6				
7				
8				

QUICK CHECK

DISTANCE LEFT ÷ WEEKS LEFT = APPROX. WEEKLY TARGET

PROGRESS CHECK-IN

Use this page every time you want a reset or progress update.

DATE

CURRENT DISTANCE

% COMPLETE

RECENT RUNS

A quick snapshot of the runs moving you towards the target.

DATE	RUN / ROUTE	DISTANCE	TIME / PACE	NOTES

THE REALITY CHECK

Progress is not always linear.

WIN	CHALLENGE	WHAT I'LL DO NEXT

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ONE MORE RUN.

When the numbers feel big, focus on the next run.

FINISH LINE

Complete this when you reach 100% — or use it to record where the year took you.

TARGET

FINAL DISTANCE

TOTAL RUNS

LONGEST RUN

MY 2026 RESULT

The number is only part of the story.

BIGGEST WIN

HARDEST MOMENT

RUN I'LL NEVER FORGET

WHAT I'M MOST PROUD OF

CHALLENGE STATUS

■ FINISHED ■ STILL RUNNING ■ STARTING AGAIN

RUN THIS YEAR

KEEP MOVING. KEEP GOING.