

START HERE

CYCLE MORE



The **Sudocrem**® 90km Challenge!

10
km

20
km

30
km

LOOK HOW FAR
I HAVE CYCLED



40
km

60
km

I'M A CYCLING
CHAMP

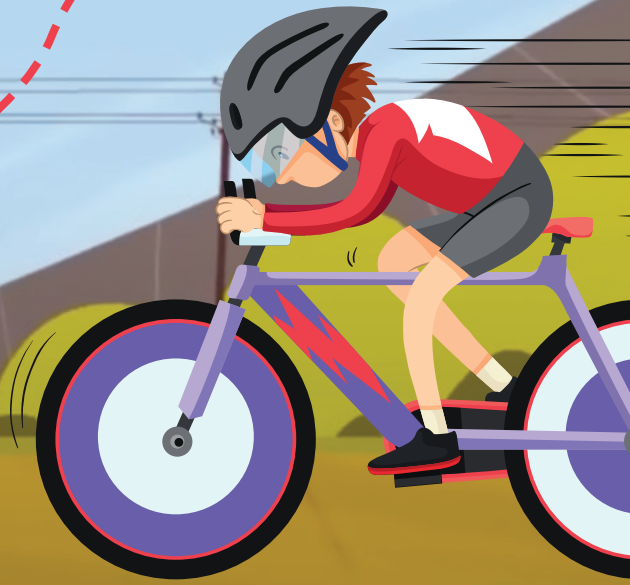
70
km

50
km

80
km



90
km



Mark off your kilometre progress on this chart





CYCLE MORE

Sudocrem®

90km Cycle Progress Chart



PROGRESS	FAMILY MEMBER:	FAMILY MEMBER:	FAMILY MEMBER:	FAMILY MEMBER:	FAMILY MEMBER:	FAMILY MEMBER:

WEEK 1	km	km	km	km	km	km
WEEK 2	km	km	km	km	km	km
WEEK 3	km	km	km	km	km	km
WEEK 4	km	km	km	km	km	km
WEEK 5	km	km	km	km	km	km
WEEK 6	km	km	km	km	km	km
WEEK 7	km	km	km	km	km	km
WEEK 8	km	km	km	km	km	km
TOTALS	km	km	km	km	km	km