

London Workplace Cycle Challenge 2007

(Friday 6 July to Sunday 29 July)

Record of progress

Name:

Department/section:

Email:

Phone no.:

Week 1		
Date (July)	Miles ridden on this day	Number of cycle trips on this day
Monday 2		
Tuesday 3		
Wednesday 4		
Thursday 5		
Friday 6 <small>Start of Tour de France 2007</small>		
Saturday 7		
Sunday 8		
End week 1 subtotal		

Week 2		
Date (July)	Miles ridden on this day	Number of cycle trips on this day
Monday 9		
Tuesday 10		
Wednesday 11		
Thursday 12		
Friday 13		
Saturday 14		
Sunday 15		
End week 2 subtotal		

Week 3		
Date (July)	Miles ridden on this day	Number of cycle trips on this day
Monday 16		
Tuesday 17		
Wednesday 18		
Thursday 19		
Friday 20		
Saturday 21		
Sunday 22		
End week 3 subtotal		

Week 4		
Date (July)	Miles ridden on this day	Number of cycle trips on this day
Monday 23		
Tuesday 24		
Wednesday 25		
Thursday 26		
Friday 27		
Saturday 28		
Sunday 29 <small>End of Tour de France 2007</small>		
End week 4 subtotal		

	Miles ridden during challenge period	Number of cycle trips during challenge period
Final total		