100 Day LEAP Challenge

Stage 4 - 100 Day LEAP Challenge Implementation

Introduction

- In Stage 1, you visualised your long-term future; your active, healthy, sustainable lifestyle. In Stage 2 you took stock of where you are today and which challenge level is right for you. You also chose your secondary objective.

- In Stage 3 you agreed your **Challenge Plan** and your goals and milestones over the 100 days. Now in Stage 4, it's time to start your 100 Day LEAP Challenge!

Tracking Your Challenge Progress

- The default approach is to track your challenge manually. This may seem old fashioned and inefficient but it's still a legitimate approach. Writing down or "journaling" your daily activity can be very powerful. As this journal is a PDF you should print your weekly walking plan and daily walking trackers.

Excel Spreadsheet

- If you'd prefer a more automated approach, download the appropriate Excel spreadsheet for your Challenge Level, by clicking LEAP **Challenge - Excel Spreadsheets.**

- This automatically calculates your weekly totals when you input your daily walking activity in the Daily Walking Trackers.

- Your weekly totals are simultaneously added to your Weekly Walking Plan, so your progress is updated each week during the challenge.

- If this all seems a bit complicated at this stage, don't worry as we will guide you through this in the early Zoom calls and private Facebook group.

Your Daily Walking Trackers

- There are 15 trackers to be completed, one for each week of the challenge. Trackers 1-14 cover the first 98 days and 15 covers the last 7 days .

Start of Week

- At the start of each week, complete the row in blue, recording your weekly time, pace and distance goals for the week ahead. Your weekly goals are in the relevant blue row in your Weekly Walking Plan. This is important because you always want to know your goals so you can track how you're doing against them.

Each Day

- At the end of each day, enter your actual walking activity in the orange columns:
    - **Actual Time:** record walking time in mins:secs.
    - **Actual Distance:** record distance in Km.
    - **Actual Pace:** calculate walking pace by dividing your time by your distance.
- Record your thoughts at the end of each day in the comments section.

End of Week

- At the end of each week, if you're using the manual approach, add your total time and distance and calculate your average pace for the week.
- Apply your weekly totals to the relevant orange row, in your Weekly Walking Plan. This builds week by week so you can see your ongoing progress.
- Monitor your weekly progress and ultimately you'll be able to compare your first and last weeks, showing your overall progress, at the end of 100 days.

Ongoing Support

- Use the weekly Zoom Calls and the private Facebook group to ask any questions you have relating to the above.

Walking Tracker - Week 1

Level:	Time	Pace	Distance
Week 1 Goals			
Week 1 Actual	**Time**	**Pace**	**Distance**
○ Saturday			
○ Sunday			
○ Monday			
○ Tuesday			
○ Wednesday			
○ Thursday			
○ Friday			
Total			

Comments:

Walking Tracker - Week 2

Level:	Time	Pace	Distance
Week 2 Goals			
Week 2 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 3

Level:	Time	Pace	Distance
Week 3 Goals			
Week 3 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 4

Level:	Time	Pace	Distance
Week 4 Goals			
Week 4 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 5

Level:	Time	Pace	Distance
Week 5 Goals			
Week 5 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 6

Level:	Time	Pace	Distance
Week 6 Goals			
Week 6 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 7

Level:	Time	Pace	Distance
Week 7 Goals			
Week 7 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 8

Level:	Time	Pace	Distance
Week 8 Goals			
Week 8 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 9

Level:	Time	Pace	Distance
Week 9 Goals			
Week 9 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Week 10

Level:	Time	Pace	Distance
Week 10 Goals			
Week 10 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Level 1- Week 11

Level:	Time	Pace	Distance
Week 11 Goals			
Week 11 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Level 1- Week 12

Level:	Time	Pace	Distance
Week 12 Goals			
Week 12 Actual	Time	Pace	Distance
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Level 1- Week 13

Level:	Time	Pace	Distance
Week 13 Goals			
Week 13 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Level 1- Week 14

Level:	Time	Pace	Distance
Week 14 Goals			
Week 14 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments:

Daily Walking Tracker - Level 1- Week 15

Level:	Time	Pace	Distance
Week 15 Goals			
Week 15 Actual	**Time**	**Pace**	**Distance**
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total			

Comments: