

Miles Ahead



Cut out and wear your **Miles Ahead** bib on your running top to show everyone you're on your 30 day fitness challenge.

To get started, follow these 3 simple steps:

1. **Cut out the bib using the line as a guide**
2. **Enter your name on the top green line**
3. **Enter your distance on the bottom green line**

Don't forget to share on social media using the hashtag **#MilesAhead**

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miles

#MilesAhead Join me on the 30 day fitness challenge milesahead.sja.org.uk