

Jades Fight For Life – Devanes Diary & Log

Thursday 23.08.18

Session1

Not a great start to the day with a hospital appointment at 08.30 but managed to get to David Lloyds Woking for a 4 Hour stint on the Life Cycle with a 15 minute break for lunch. I have given up on the Fitbit as after 4 Hours it showed 2,044 steps.

Journey 1 was 11.81 Miles. Journey 2 was 10.76 Miles. Journey 3 was 4.91 Miles.

Journey 4 was 5.42 miles. Journey 5 was 6.84 Miles. Total 39.74 Miles.

Miles to go 890.09.