

Day	Date	Day	Miles	KM	Time	Start	End	Comments
124	01-Jul	Wednesday		0		Dhoke Hashu	Punjab	O1/07/15 to 31/07/14, 341 miles cycling around Punjab for various meetings and visiting prospective land sites for orphanage.
125	02-Jul	Thursday		0				"
126	03-Jul	Friday		0		0		"
127	04-Jul	Saturday		0		0		"
128	05-Jul	Sunday		0		0		"
129	06-Jul	Monday		0		0		"
130	07-Jul	Tuesday		0		0		"
131	08-Jul	Wednesday		0		0		"
132	09-Jul	Thursday		0		0		"
133	10-Jul	Friday		0		0		"
134	11-Jul	Saturday		0		0		"
135	12-Jul	Sunday		0		0		"
136	13-Jul	Monday		0		0		"
137	14-Jul	Tuesday		0		0		"
138	15-Jul	Wednesday		0		0		"
139	16-Jul	Thursday		0		0		"
140	17-Jul	Friday		0		0		"
141	18-Jul	Saturday		0		0		"
142	19-Jul	Sunday		0		0		"
143	20-Jul	Monday		0		0		"
144	21-Jul	Tuesday		0		0		"
145	22-Jul	Wednesday		0		0		"
146	23-Jul	Thursday		0		0		"
147	24-Jul	Friday		0		0		"
148	25-Jul	Saturday		0		0		"
149	26-Jul	Sunday		0		0		"
150	27-Jul	Monday		0		0		"
151	28-Jul	Tuesday		0		0		"
152	29-Jul	Wednesday		0		0		"
153	30-Jul	Thursday		0		0		"
154	31-Jul	Friday	341	545.6	42.6		Dhoke Hashu Khan	O1/07/15 to 31/07/14, 341 miles cycling around Punjab for various meetings and visiting prospective land sites for orphanage.
Total this month			341.00	545.60	42.60			
Total so far			6342.80	10148.50	780.60			