

My Running Journal

Today's date: _____

Day of the week (circle): Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Weather (circle):



Other _____

Today's goal: _____

My workout today was: _____

Who I ran with today: _____

How I felt today: _____

On your mark, get set, give them a healthy start.



My Running Journal

Today's date: _____

Day of the week (circle): Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Weather (circle):



Other _____

Today's goal: _____

My workout today was: _____

Who I ran with today: _____

How I felt today: _____

On your mark, get set, give them a healthy start.

