|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Running Log** | Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | Week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
|  | | |  | |  |  |
| **Goals for the week:** Minutes \_\_\_\_\_\_\_\_\_\_\_ | | | Miles \_\_\_\_\_\_\_\_\_\_\_\_\_ | | Days Running \_\_\_\_\_\_\_\_ |  |
| Other (sleep, diet, etc): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | |  |
|  |  |  | |  | |  |
|  |  |  | |  | | |
| **Monday** | **Hours of sleep: \_\_\_\_\_** | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** (Good run? Anything hurt? Other sports today?) | | | |  |  |  |
|  |  |  | |  | |  |
| **Tuesday** | **Hours of sleep: \_\_\_\_\_** | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** |  |  |  |  |  |  |
|  | |  | |  | |  |
| **Wednesday Hours of sleep: \_\_\_\_\_** | | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** |  |  |  |  |  |  |
|  |  |  | |  | |  |
| **Thursday** | **Hours of sleep: \_\_\_\_\_** | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** |  |  |  |  |  |  |
|  |  |  | |  | |  |
| **Friday** | **Hours of sleep: \_\_\_\_\_** | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** |  |  |  |  |  |  |
|  |  |  | |  | |  |
| **Saturday** | **Hours of sleep: \_\_\_\_\_** | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** |  |  |  |  |  |  |
|  |  |  | |  | |  |
| **Sunday** | **Hours of sleep: \_\_\_\_\_** | **Healthy diet?** Yes No | | **My Run Today:** \_\_\_\_\_ min / \_\_\_\_\_ mi | |  |
| **Comments:** |  |  |  |  |  |  |
|  | | |  | | |  |
| **Totals for week: # Days Running \_\_\_\_\_\_** | | | **Miles \_\_\_\_\_\_ Time (HH:MM) \_\_\_\_:\_\_\_\_** | | | |