

Name : _____ 's Stfx Track and Field Club Running Log

Week 1:

Date	Time/Duration (minutes)	Distance (km)	Activity	Comments (weather, location, how you felt...)	Distance To Date (kms- Add up everyday)

Weekly Total: _____ My running goal for Week 2: _____

Name : _____ 's Stfx Track and Field Club Running Log

Week 2:

Date	Time/Duration (minutes)	Distance (km)	Activity	Comments (weather, location, how you felt...)	Distance To Date (kms - Add up everyday)

Weekly Total: _____ Did I achieve my running goal? _____