

Week of _____

Monday

Location _____ Distance _____

How I felt: _____

Tuesday

Location _____ Distance _____

How I felt: _____

Wednesday

Location: _____ Distance: _____

How I felt: _____

Thursday

Location: _____ Distance: _____

How I felt: _____

Friday

Location _____ Distance _____

How I felt: _____

Saturday

Location _____ Distance _____

How I felt: _____

Sunday

Location: _____ Distance: _____

How I felt: _____

Goals for next week

Total weekly mileage

Shoe mileage
