

# Running Log

Name: \_\_\_\_\_ Week: \_\_\_\_\_

<b>Goals for the week:</b> Minutes _____ Miles _____ Days Running _____
Other (sleep, diet, etc): _____

<b>Monday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments: (Good run? Anything hurt? Other sports today?)

<b>Tuesday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments:

<b>Wednesday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments:

<b>Thursday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments:

<b>Friday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments:

<b>Saturday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments:

<b>Sunday</b> Hours of sleep: _____ Healthy diet? Yes No My Run Today: _____ min / _____ mi
Comments:

Totals for week: # Days Running \_\_\_\_\_ Miles \_\_\_\_\_ Time (HH:MM) \_\_\_\_\_: