



My personal goals:

WEEK	CLUB RUN	HOW DID YOU FEEL?	OWN RUN	HOW DID YOU FEEL?	OWN RUN	HOW DID YOU FEEL?	CHECK IN & CHAT
1	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
2	Date:		Date:		Date:		[Dark Blue Box]
	Distance:		Distance:		Distance:		
3	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
4	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
5	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
6	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
7	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
8	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
9	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
10	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
11	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		
12	Date:		Date:		Date:		
	Distance:		Distance:		Distance:		