

Weekly Journaling

Dates from/to: .

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Run Duration / how far (aim for 3 runs per week)							
Exercise Which muscle group (core, legs, arms, ankle/feet)							
How are you feeling today?							
Notes: Sleep, stress levels, good day?							