

WALK TO RUN CLUB

Weekly Running Log

Way to go Warrior! Use this form to track how much you've been running and how you have been feeling after you run.

Warrior name		Week of
Goals		
Monday		
Date	Who did you run with?	How far/long did you run?
How did you feel afterv	vards?	
Tuesday		
Date	Who did you run with?	How far/long did you run?
How did you feel afterv	vards?	
Wednesday		
Date	Who did you run with?	How far/long did you run?
How did you feel afterv	vards?	

Date	Who did you run with?	How far/long did you run?	
How did you feel afterwards?			
Friday			
Date	Who did you run with?	How far/long did you run?	
How did you feel afterwa	rds?		
,			
Saturday			
Date	Who did you run with?	How far/long did you run?	
How did you feel afterwa	rde?		
Tiow did you leer afterwa	105:		
Sunday			
Sunday Date	Who did you run with?	How far/long did you run?	
	The side year all willing	idi, iding did you idin	
How did you feel afterwa	rds?		

Thursday