

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

Week of: \_\_\_\_\_

*Monday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

*Tuesday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

*Wednesday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

*Thursday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

*Friday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

*Saturday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

*Sunday*

Description of Run (Route, Type of Run, Time of Run, etc.)

**My Effort:**

- Easy
- Moderate
- Hard
- Strenuous

**How I Felt:**

- Great
- Good
- Okay
- Awful

Total Miles: \_\_\_\_\_

**Total Mileage for the Week:** \_\_\_\_\_