



# RUNNING LOG

A running log can help keep on track and meet your goals. Post this one on your refrigerator or other highly visited area, and you'll be amazed how the miles add up each week — and so will every one else!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total and Averages
Time								Total Time:
Distance								Total Mileage:
Pace								Avg. Pace:
Beginning Heart Rate								Avg. HR:
Ending Heart Rate								Avg. HR:
Outside Temp								Avg. Temp:
Terrain								Terrain:

Sponsored by: 